

PARANORMAL UNDERGROUND®

Volume 13, Issue 4

April 2020

**MEMPHIS GHOST INVESTIGATIONS
& SPIRIT RESCUE ...**

**HELPING SPIRITS
MOVE ON**

The Haunted
ORIENT EXPRESS

WETLASH SIGHTING
In California

**3 AMAZING
USO CASES**

The Ghost Boy
FROM THE LAKE

Trail of Tears
HOME HAUNTING

ALSO INSIDE:

10 BEST HORROR BOARD GAMES TO PLAY WHILE UNDER QUARANTINE

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TABLE OF CONTENTS

CASE FILES OF THE UNKNOWN

- 24 Haunted Sites
The Haunted Orient Express
- 26 Are We Alone?
Three Amazing Cases of USO Contact
- 34 Cryptids & Mythological Creatures
Wetlash Sighting in Carmichael, California

IN THE SPOTLIGHT

- 10 Haunted Entertainment
10 Best Horror Board Games to Play While Under Quarantine
- 12 Investigator Spotlight
Memphis Ghost Investigations & Spirit Rescue: Helping Spirits Move On

PARANORMAL INSIGHTS

- 20 Special Report
Into the Fourth Dimension: Do Time Machines and Extra Levels of Reality Really Exist?
- 36 Metaphysics & Energy Healing
Practical Solutions for Dream Guidance and Recall
- 38 Sage Goddess: Spiritual Tools & Teachings
The Importance of Grounding: Balancing the Earth Star and Root Chakras in Times of Fear and Uncertainty
- 42 The Shaman Windwalker
Mother Earth Is Speaking to Us
- 44 Personal Experiences: Paranormal Encounters
The Ghost Boy From the Lake
- 48 Personal Experiences: Ghost Hunter Case Files
Trail of Tears Home Haunting

DEPARTMENTS

- 4 Contributors
- 6 Publisher's Letter
- 7 Coronavirus Resources
- 8 Paranormal News



BRIAN J. ALLAN

Brian has had a lifelong fascination with the weird paradoxes of the occult and supernatural. He has written articles embracing all kinds of paranormal, esoteric, and Gnostic themes for more than 25 years and written books on many subjects since 2005. He is married with two children and five grandchildren.

Brian and his wife run Paranormal Encounters Group, which conducts investigations and is a self-help group designed to provide a safe and sympathetic environment for people who have suffered emotional trauma or been otherwise affected by their experiences.

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PRESTON DENNETT

Preston began investigating UFOs and the paranormal in 1986 when he discovered that his family, friends, and coworkers were having dramatic unexplained encounters. Since then, he has interviewed hundreds of witnesses and investigated a wide variety of paranormal phenomena.

He is a field investigator for the Mutual UFO Network (MUFON), a ghost hunter, a paranormal researcher, and the author of 26 books and more than 100 articles on UFOs and the paranormal. Several of his books have been Amazon UFO bestsellers. His articles have appeared in numerous magazines, including *Fate*, *Atlantis Rising*, *MUFON UFO Journal*, *Nexus*, *Paranormal Magazine*, *UFO Magazine*, *Phenomena Magazine*, *Mysteries Magazine*, and *Ufologist*.

He has taught classes on various paranormal subjects and lectures across the United States. He currently resides in Southern California.

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As an investigator and evidence analyst with Spectral Tech, Bob and the team help their clients find answers while helping to educate them about the paranormal in the process.

As a special projects manager primarily involved in process engineering, and because documentation and analysis is paramount to serious investigations, Bob was drawn to take more than a passing interest and become actively involved in the study of different paranormal phenomena.

He has a bachelor's degree in applied organizational management and a bachelor's in metaphysical science from the University of Metaphysics. Bob is also



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Karen is a psychic medium and author and cohost of the podcasts *Intention Is Everything* and *Paranormal Underground Radio*. Her published paranormal books include *Higher Vibes Toolbox: Vibrational Healing for an Empowered Life*; *Dark of Night in the Light of Day: The Art of Interpreting Your Dreams*; and *Avalanche of Spirits: The Ghosts of Wellington*.

Karen holds a bachelor's and master's in metaphysical science from the University of Metaphysics and a Ph.D. in metaphysical parapsychology from the University of Sedona. She is an ordained minister/metaphysical practitioner with the International Metaphysical Ministry and a Usui Reiki Master/Teacher. She has completed courses in energy healing, including quantum touch, crystal healing, sound healing, and aromatherapy.

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WILLIE WINDWALKER GIBSON

Willie is a shaman and supernatural consultant. He works by himself, as well as with his wife, Schmon. He belongs to the Paranormal Clergy and Dominion Ministries. Willie is the author of two books detailing his 50-year journey in the paranormal, *The Shaman Windwalker* and *Soul Warriors*.

Willie has appeared on A&E's *Cursed: The Bell Witch* and CMT's *Most Shocking Ghosts*. He also hosted a public access show in Louisville, Kentucky, for 12 years, called *Spiritual Gifts and Wonders*. In addition, he created a group of sensitives, called Soul Warriors, who are based across the U.S.



CHERYL KNIGHT-WILSON

Cheryl is co-creator and editor-in-chief of *Paranormal Underground* magazine, cohost of the *Intention Is Everything* podcast, and producer of *Paranormal Underground Radio*. She has more than 25 years of experience as a professional writer and editor and has written thousands of articles on topics ranging from advanced technology to paranormal phenomena.

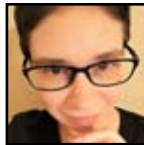
Cheryl's previous magazine experience includes roles as senior and managing editor for several niche publications and online media.

www.paranormalunderground.net



MORGAN LINEBERRY

Morgan is a graduate from the University of North Carolina in Greensboro where she obtained a bachelor's degree in English. She loves to write and maintains a healthy fascination with all things paranormal thanks to experiences with the unexplained that she has experienced throughout her life.



Morgan knows a little bit about a lot of paranormal topics from research she has conducted. She pledges to keep you up to date about things that go bump in the night via *Paranormal Underground's* monthly news column.

KELSEY MCCONNELL

After graduating from NYU in 2018 with her MFA in Musical Theatre Writing, Kelsey now happily spends her days writing for Open Road Integrated Media. She uses most of her free time for napping, writing her own novels, and playing with her dog.



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ATHENA PERRAKIS, PH.D.

Athena is the founder and CEO of Sage-Goddess.com, a source of sacred tools and metaphysical education. She earned a doctorate from the University of Southern California in educational leadership and has 15 years of experience as a professor, corporate trainer and consultant, and educator. Athena's metaphysical experience spans more than 30 years and includes expertise in gemology, astrology, tarot, aromatherapy, Reiki, and herbal medicine.



Through her writing, online courses, and material offerings, Athena helps others cultivate and maintain sacred space in their lives for peace, healing, and abundance. Her guiding philosophy is that those who develop and maintain a consistent and sustainable spiritual practice — one that aligns with their cultural values and spiritual beliefs — will enjoy a longer, healthier, and happier life.

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PAUL DALE ROBERTS

Known as an esoteric detective, Paul has been reading and studying the unknown since he was a young boy. He has been to over 59 countries to document the paranormal. He worked for military intelligence from 1979 to 1986 and saw several top-secret UFO photographs, making him very interested in extraterrestrials.



Paul is a journalist for the *Costa Rican Times*, and

his articles reflect on metaphysical topics and paranormal investigative stories. Paul is co-owner of Halo Paranormal Investigations.

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FRANK R. SANTARIGA

Frank studied and received a fellowship in parapsychology under the leadership of the prominent parapsychologists Burton Mathews and Paul Krafchik of the American Parapsychological Research Center. For more than 30 years, he engaged in the investigation and research of paranormal occurrences, most of which consisted of hauntings and UFOs.



Most notable of UFO cases was the thorough examination of the "Hudson Valley UFO" phenomena of the mid-1980s. Of haunting cases, the Montauk, New York, "Hangman's Ghost" instance was probably the most thought-provoking. Many of Frank's investigations can be found in his book *Paranormal Family and Friends*.

CHAD WILSON

Freelance writer, Chad is co-creator and publisher of *Paranormal Underground* magazine and co-producer of *Paranormal Underground Radio*. His interest in the paranormal led to the creation of www.ParanormalUnderground.net.



Chad has investigated with East Tennessee Paranormal Research Society and counts Waverly Hills Sanatorium, the Villisca Axe Murder House, Bobby Mackey's Music World, the Queen Mary, Queen Anne Hotel, Hotel Alex Johnson, and private residences among his investigations.

www.paranormalunderground.net ♦

Have You Had a Paranormal Encounter You'd Like to Share?

If you've had a paranormal encounter and would like to share it with our readers, email us at paranormalunderground@live.com. Tell us about your experience, and we may publish it in a future issue.



We are looking for encounters with all types of paranormal phenomena, including experiences with ghosts, cryptids, UFOs/ETs, the spirit realm, psychic phenomena, etc. Your submission can be anonymous!

PARANORMAL UNDERGROUND®

Volume 13, Issue 4 April 2020

www.ParanormalUnderground.net

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The Truth About the Paranormal

What is the paranormal? In the eyes of the people experiencing it, it is anything that is beyond what they would normally expect to find in life.

Some of the most common paranormal phenomena described by witnesses include seeing a spirit (a ghost); coming across a strange, unknown creature while out and about; and seeing strange lights in the night sky. While I can't even begin to describe every type of paranormal event out there, these three are the most common experiences described by people worldwide.

Once someone shares a personal encounter, what are the typical responses? Some common reactions include outright disbelief, open skepticism, or a full acceptance that what the person experienced actually took place.

Here's the thing ... in most cases, something obviously happened, otherwise why would the person claim something happened? Why risk being called crazy, as many in society still look at paranormal claims as coming from an unreasonable or unstable mind?

Some might say paranormal experiencers are lying or seeking attention, but in reality, I fully believe attention-seeking paranormal claims are the exception not the norm.

What about the explanation that the person just misunderstood what they saw? Of course that happens. Sometimes when someone experiences something unknown to them, it does have a logical explanation, such as headlights in the distance causing a reflection off the clouds or creaky

house floorboards or pipes making noise as the weather changes. But, they did experience something, just not what they might have thought it was.

But what about the unexplained cases? What if a group of nighttime beachgoers see an unidentified craft emerge from the ocean and fly away into the night sky? What if a man sees the spirit of his long-deceased grandmother appear in front of him? What about the mother and daughter out for a mid-afternoon hike who came face to face with Bigfoot?

Far too many people have experienced these phenomena for every single account to simply be thrown away as mere imagination or attention-getting behavior. Many unexplainable things occur around us every day, and I fully believe some of these experiences are indeed individuals seeing UFOs in the sky, or Bigfoot in the woods, or someone's late-grandmother visiting them in their living room.

Why? How? For what reason? Maybe that's up to the individual experiencer to figure out.

In reality, if we were not there to see what happened, then how can we say that the person is wrong, mistaken, or even lying about what happened to them?

Each person's truth is their own, whether they are right or wrong. I've always believed this. That's why I feel it is extremely important for those experiencing paranormal phenomenon to share their stories with the world. Doing so will continue to help us explore and better understand the unexplained. ♦



Chad Wilson,
Publisher



Because most paranormal events have been cancelled due to the COVID-19 pandemic (also known as the novel coronavirus), in place of our Calendar of Events this month, we are providing you with a list of coronavirus resources.

For information on the pandemic, you can visit the links below:

World Health Organization

www.who.int/emergencies/diseases/novel-coronavirus-2019

- How to Protect Yourself
- Country & Technical Guidance
- Your Questions Answered
- Travel Advice
- Situation Reports

Centers for Disease Control and Prevention

www.cdc.gov/coronavirus/2019-ncov

- How to Protect Yourself
- If You Think You Are Sick
- What You Need to Know
- Resources for the Community

Harvard Health Publishing: Harvard Medical School

www.health.harvard.edu/diseases-and-conditions/coronavirus-resource-center

- FAQs About Coronavirus and COVID-19

- Podcasts, including “How to Conquer Your Anxieties During the COVID-19 Outbreak”
- Questions and Answers

The White House/CDC/FEMA

www.coronavirus.gov

- How to Prepare and Protect Yourself
- What to Do if You Think You Are Sick
- What Are the Symptom?
- Who Is at Highest Risk?
- What Is Social Distancing?

U.S. Department of Labor

www.dol.gov/coronavirus

- Workplace Safety
- Wages, Hours, and Leave
- Unemployment Insurance
- Support for Dislocated Workers and States
- Job Corps Students
- And more work-related issues due to the coronavirus

National Institutes of Health

www.nih.gov/health-information/coronavirus

- Symptoms and Testing
- Prevent Getting Sick
- Daily Life and Coping
- If You Are Sick
- People Who Need Extra Precautions ♦

PARANORMAL UNDERGROUND®

Volume 13, Issue 4 April 2020

www.ParanormalUnderground.net

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(Photo courtesy of Chase Gustafson,
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HAUNTED CORONAVIRUS PUNISHMENT, AN ABUNDANCE OF ALIENS & MORE

BY MORGAN LINEBERRY

COVID-19 QUARANTINE VIOLATORS SENTENCED TO HAUNTED HOUSE

Local officials in Sragen, Indonesia, have taken punishing coronavirus quarantine violators to the next level. They are sentencing those not following lock-down rules to time in a haunted house, according to channelnewsasia.com. As of April 21, “five people have been tossed into Sragen’s spooky jails so far.”



QUARANTINE PRANK

One man decided to pull the scariest prank of the century. According to Luke Matthews of the *Mirror*, Rob Savage “complained of hearing ‘creaky noises’ from his attic” and proceeded to prank his friends via video chat.

“Rob’s friends are already feeling scared as he climbs the ladder with a torch, with one admitting they can’t bear to look, with Rob himself adding that his hands are ‘shaking’ as he enters,” Save wrote.



Rob panned his camera around the creepy attic, ending on a “bloodied child” that screamed and reached for the camera. Of course, the entire thing was a prank. Rob is an award-winning filmmaker and horror director. His friends were both terrified and impressed by the prank.

But it definitely broke through the quarantine monotony!

PSYCHIC SAYS HE PREDICTED CORONAVIRUS

It was only a matter of time before someone claimed to have predicted the coronavirus pandemic. Psychic Nicolas Aujula said he “felt a sense a gloom” when he heard reports of the outbreak in China,” according to Zoe Forsey of the *Mirror*.

That sense, paired with “visions of an influenza disaster,” from 2018 led Aujula to believe that COVID-19 is what he feared all along. Aujula explained that along with the 2018 visions “in March, I also again saw this unfold in a dream that left me feeling uneasy upon waking up. So when the coronavirus started affecting those in China in late 2019, that’s when it all came flooding back.”

I hope he foresees a cure soon.



WHAT IS HANGER 18 HIDING?

When people think of UFO-related government cover-ups, they usually think of Area 51, but there is another place that is just as mysterious: Hanger 18. Hangar 18 has been reportedly located at Ohio’s Wright-Patterson Air Force Base since the 1940s, according to *Unexplained Mysteries*.

According to conspiracy theorists, Hanger 18 is home to alien technology. But is it true? Well, it has been confirmed by “former military pilots such as Oliver Henderson — who claimed to have flown debris and even alien bodes to the base — and Marion ‘Black Mac’ Magruder — whose father reportedly maintained that he had seen an actual live extraterrestrial entity at the base.”



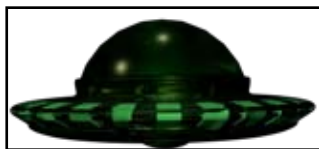
Other sources further claim that the hangar houses “two flying saucers of unknown origin.” It makes one wonder: How much does the government know, and what are they doing to these creatures?

HUDSON RIVER VALLEY IN NY HOTBED OF UFO ACTIVITY

Apparently, aliens are just as curious about us as we are about them. Brent Swancer of *Mysterious Universe* explains that New York’s Hudson River valley has been “ground zero for some of the most intense UFO activity there is,” beginning around 1981.

With too many sightings to recount here, “the phenomenon itself remains mired in mystery.” For example, there was an entire crew at a power plant that saw a large craft and “claimed that the massive craft had hovered over one of the nuclear reactors and caused the facility’s security systems to shut down.”

Along with multiple other mass and independent sightings, this is one great place to go for a UFO hunt.



THE NAVY KNOWS THE TRUTH

Another UFO video has been leaked, and the Navy is confirming its authenticity. “In November 2004, several U.S. Navy pilots stationed aboard the USS Nimitz encountered a Tic-Tac-shaped UFO darting and dashing over the Pacific Ocean in apparent defiance of the laws of physics,” according to Brandon Specktor of *Live Science*.

Thanks to a recent Freedom of Information Act request, the Navy is admitting to knowing more than they let on. Shocking? Not really. However, we only have a brief clip because, according to several naval officers, the longer clip, lasting 8 to 10 minutes, was “promptly collected and erased by ‘unknown individuals’ who arrived on the ship by helicopter shortly after the incident.” Well, that’s not suspicious at all.



WEBCAM CAPTURES UFO OVER VOLCANO IN MEXICO

Still need more proof that aliens exist? Here’s a report from Paul Seaburn of *Mysterious Universe*. Mexico’s Popocatepetl volcano is believed to be a UFO base that “erupts” when the doors are opened. This

is evidenced by the fact that there is UFO footage each time it erupts, which is frequently.

“The latest incident of both occurred January 27 when the government Webcams, which keep Popocatepetl under constant surveillance, captured the latest eruption and a mysterious UFO streaking across the sky at the same moment,” according to the report. These Webcams record the volcano constantly because of safety concerns but have often picked up UFO activity. It makes me wonder which one the government is really concerned about.



ALIENS OR HUMANS?

While many people believe in life on other planets visiting Earth, there is another possible explanation for UFO activity. As a contributor to *Unexplained Mysteries* points out, a new book by Michael Masters, professor of biological anthropology at Montana Technological University — entitled *Identified Flying Objects: A Multidisciplinary Scientific Approach to the UFO Phenomenon* — UFOs may be piloted by a futuristic human race looking back in time.

His logic is solid. “We know we’re here. We know humans exist,” he said. “We know that we’ve had a long evolutionary history on this planet. And we know our technology is going to be more advanced in the future.”

I mean, if you had a chance to witness history first hand, wouldn’t you? Maybe someday we will.



EARTH’S STARDUST TESTED

How far back would you go in history if you could? It is easy to forget just how old Earth is, and thanks again to *Unexplained Mysteries*, here is another concept to contemplate: “Scientists have identified the oldest material ever to make it onto our planet — and it even predates the Sun.”

The article is talking about stardust. It makes sense logically, but thinking about it makes you wonder just what really makes up the ground beneath our feet. Scientists have found one part of that answer and “at up to 7 billion years old, these tiny grains of stardust formed at a time before our planet — and even our solar system — existed at all,” the article said. ♦



10 BEST HORROR BOARD GAMES TO PLAY WHILE UNDER QUARANTINE

BY KELSEY MCCONNELL, THE LINEUP

As the coronavirus quarantine drags on, we're all getting a little restless. While there are plenty of movies to watch and books to read, let's not forget that many of us are trapped inside with our families and roommates. What better way to pass the time together than by breaking out a board game?

For diehard horror fans out there, there's a wealth of creepy, clever, and classic horror board games that cater to your tastes. Whether you want to save a town from the onslaught of the iconic Universal monsters, trek your way through the darkness with a killer closing in on your (pawn's) heels, or roll the dice in a haunted house determined to turn you against your companions, there's a game out there for you.

Here are 10 of the best horror board games for a frighteningly fun game night.

1. Arkham Horror

In 1920's Arkham, Massachusetts, strange storms coincide with mysterious disappearances of the townsfolk — and the appearance of terrifying creatures. It's up to a band of investigators (1 to 6 players) to stop the Ancient Ones from destroying the town.

This is a cooperative game based on H.P. Lovecraft's writings. Complete with immersive storytelling, unique characters with special abilities, and breathtaking artwork, this is one of the best horror board games available.

2. Eldritch Horror

Inspired by Arkham Horror, this game supports even more players, allowing for up to 8 people to join in on the

fun. Players take on the role of unlikely heroes, risking their sanity and safety to defeat a dark and ancient evil. These brave adventurers travel across the globe — and even into Other Worlds — solving mysteries and battling horrors from Azathoth to Cthulhu.

With a dozen characters to choose from, multiple

Ancient Ones to take down, and numerous other monsters waiting to consume you, every playthrough is unique.



3. Mysterium

Mysterium is an absolutely delightful game with gorgeous artwork, fit for 2 to 7 players. There's been a murder in Warwick Manor, and it's up to psychic investigators to learn the truth from the ghost that lingers in the estate.

One player is the ghost, delivering visions to the psychics, while everyone else is acting as the mediums trying to use image cards to determine the who, what, and

where of a murder. Cooperation is key in this immersive storyline if the players want to uncover the truth before time runs out!

4. Escape the Dark Castle

This is a simple, cooperative, story-based game made for 1 to 4 players. While the playthrough lasts around 30 minutes, the mechanics of this game mean that you'll never have the same experience twice!

The players are acting as prisoners trapped inside an ominous castle, and they're working together using dice and item cards to navigate the traps and monsters within the estate. The group tells a story together as each illus-

trated chapter card requires them to make decisions and create their own path of escape.

The game also includes several expansions, like Scourge of the Undead Queen and Cult of the Death Knight.

5. Last Night on Earth

This terrifying game is a must-play for zombie horror lovers. Two to six players divide into teams to play as “heroes” and “zombies,” with the former group trying to strategize a way to make it through the night alive, while the latter attempts to sate its hunger and spread disease.

This game embraces the hero archetypes we’ve all come to know and love from survival horror movies, and it has several different scenarios to play through to keep the game fresh. Part cooperative and part competitive, this game will pull you in with a tense sense of high stakes.

6. Fury of Dracula

For those board game aficionados who prefer longer playtime, this classic Gothic horror board game lasts roughly 2 to 3 hours and can involve 2 to 5 players. One player takes on the role of Dracula, moving covertly through European countries to sire an army of the undead and leave behind traps for anyone who follows. The rest of the players take on the role of hunters, tracking Dracula down to kill him and end his dark reign.

With a different player experience with each character, this is a horror board game that boasts phenomenal replay value.

7. One Night Ultimate Werewolf

One Night Ultimate Werewolf is a social deduction game similar to the camp game favorite Mafia. Each player is given a card with a specified role, such as villager, troublemaker, or werewolf. Once the game starts, the goal is for the “villager” team to discover which player is the werewolf by questioning those around them. Some cards have special abilities to help either team, but players have only five minutes to either sleuth out the beast or slip by undetected.

This game is meant for 3 to 10 players, but the more is certainly the merrier for the best experience.

8. Horrified

This game features the old-school Universal monsters that classic horror movie fans will love. One to five players work together to fend off the likes of Frankenstein and his Bride, Dracula, the Wolfman, the Mummy, the Invisible Man, and the Creature from the Black Lagoon. As heroes, you’re trying to save the village before these monsters destroy it for good.



You can choose your difficulty, and each monster requires a different means of defeat.

9. Nyctophobia

Nyctophobia is a unique and chilling game that will strike the fancy of slasher movie lovers. A homicidal maniac prowls through a pitch-black forest. Up to four players must cooperate if they hope to survive. But there’s a catch — each player navigates the game board while wearing blackout glasses, using touch alone to decide their path.

What will get to you first, the fear of the dark or the predator following one step behind? For even more fun, check out the vampire expansion pack.

10. Betrayal at House on the Hill

Betrayal at House on the Hill is by far one of the best horror board games out there. Three to six players take on the role of explorers. Together they enter a house and place tiles to build out the rooms. As terrors rise around them, the unthinkable happens — a haunt awakens in the house, and one of the players just might become a traitor.

As the explorers work together to escape their surroundings, the chosen monster and its traitor companion unfurls an evil plan within the maze-like walls of the home you’ve built.

The base game comes with 50 different haunt scenarios, in addition to a Widow’s Walk expansion to make the world of the game even more terrifying and unique. For truly high stakes, check out the blood-curdling legacy edition, featuring a 13-episode campaign of terror. ♦

MEMPHIS GHOST INVESTIGATIONS & SPIRIT RESCUE HELPING SPIRITS MOVE ON

BY CHERYL KNIGHT

Memphis Ghost Investigations & Spirit Rescue, based in Memphis, Tennessee, doesn't just investigate the paranormal. The team's main mission includes "spirit rescue."

With many years of investigative and spirit communication experience between the team's three core members — Stephen Williams, Kayla Bayles, and Jennifer Brooks — the group helps anyone experiencing paranormal phenomena, including private homes, business owners, and public sites.

Team founder Stephen Williams, recently spoke with Paranormal Underground magazine about the team's mission, investigative philosophies, and its unique goal of helping spirits cross over.

* * * * *

Q: Please talk a little bit about yourself, both personally and professionally.

Stephen: I am a graphic designer by day, a massage therapist/energy worker evenings and weekends, and a paranormal investigator/spirit rescuer the rest of the time.

I have been investigating reports of paranormal activity in and around Memphis, Tennessee, for almost 18 years and have been involved with three investigation groups during that time — the Ghost Stalkers of West Tennessee from 2002 to 2006, the Memphis-Midsouth Ghost Hunters from 2006 to 2016, and Memphis Ghost Investigations & Spirit Rescue from 2018 to the present. From 2016 through most of 2018, I investigated solo.

Q: When was your current team founded?

Stephen: I founded Memphis Ghost Investigations & Spirit Rescue in October 2018. We are a three-person alliance of intuitive spirit communicators who actively investigate within a 150-mile radius of Memphis, Tennessee. Our mission and focus is "Investigate-Educate-Rescue."

We also work remotely by phone with clients who live or work outside of our service travel area. Our services are always free and confidential.



Intuitive paranormal investigator
Stephen Williams has been investigating and clearing haunted locations in Memphis, Tennessee, and across the U.S. since 2002.

Q: Tell us about your other team members.

Stephen: My investigation/spirit rescue partners are Kayla Bayles and Jennifer Brooks, two extremely gifted clairvoyant and clairaudient mediums, both of whom have had the ability to see, hear, and communicate with spirits since they were young children.

Kayla is a talented artist, hairdresser, and intuitive reader, while Jennifer is also an intuitive reader, as well as an accomplished Usui Reiki Master/Teacher. Kayla and I joined forces in October 2018, and we invited Jennifer to round out our spirit rescue team trio in April 2019. We also have a very special spirit rescue helper, whom I'll talk about later.

Over the past 18 years, I have steadily increased my knowledge and experience in spirit rescue by working

with many gifted mediums — Linda in Florida; Rhonda, Rebecca, Stephanie, Sheila, and Stevie in Memphis; Dotie in New York; Audrey in Vermont; and Jan in middle Tennessee. I also recognize that my intuitive abilities



Memphis Ghost Investigations & Spirit Rescue team members (from left to right) Stephen Williams, Kayla Bayles, and Jennifer Brooks stand in front of the Green Beetle, the oldest continuously operating tavern in Memphis, Tennessee.
(Photo courtesy of Chase Gustafson, Chasing Photography)

would not have developed as quickly or as completely without the guidance and training that I received from “Mama Ellie” Fristensky, a world-renowned medium and trance channeler who teaches psychic development classes in the Memphis area. So, in a sense, all of these wonderful, gifted people are also influential, silent contributors to our team’s investigation and spirit rescue efforts.

Q: Talk about your paranormal team and mission.

Stephen: I assembled our Memphis Ghost Investigations & Spirit Rescue team after Alice, a rescued child spirit from St. Augustine, Florida, appeared to Kayla and me during a public mediumship demonstration that we both attended in Memphis in September 2018. I had first encountered Alice as an earthbound spirit in St. Augustine in July 2006, and I was involved in her rescue two months later when I returned there to speak at a paranormal conference.

Soon after she crossed over, Alice began to show up during investigations when earthbound child spirits needed help in crossing over, and over the years, she has always been available whenever needed. Clairvoyant mediums have seen Alice around me many times, and she always presents herself exactly as she looked when I first saw her — around six years old, very petite with long blonde hair and wearing a blue dress. The only difference now is that she is surrounded by a beautiful golden glow, similar to how she is depicted on the home page of our Website.

Alice’s unexpected appearance at the mediumship demo inspired me to stop investigating solo and form a new team of gifted rescue mediums whose mission would be to provide troubled or confused earthbound spirits with opportunities to transition to higher vibrational planes of awareness, i.e., cross over. Using our combined clairvoyant, clairaudient, and clairsentient abilities, Kayla, Jennifer, and I are able to 1) identify and validate (or disprove) the source of alleged paranormal events that our clients have experienced and 2) offer compassionate counseling, vibrational healing, and transitional guidance to any earthbound spirits we might encounter who need assistance in releasing from an investigation site.

As a final step, we always clear the entire space and surrounding land of any accumulated heavy residual en-

ergy using proprietary vibrational techniques that restore a noticeably lighter energetic vibration to homes, business establishments, and public sites.

Q: How did you become interested in the paranormal and founding a paranormal investigative team?

Stephen: St. Augustine, Florida, has played a pivotal role in my long career as a paranormal investigator — it is where I started and where I met Alice, our special spirit rescue helper. It is also the oldest continuously occupied European-established settlement in the continental U.S. and, in my

opinion, possibly the most haunted city in our country due to its extreme age and the many overlapping layers of cultures and historical events that can still be perceived there psychically.

My introduction to the paranormal occurred in July 2002 when I was vacationing in St. Augustine with my family and we decided to take part in a walking ghost tour. During the tour, our guide encouraged everyone to take photos, and I was excited to see strange, streaking balls of light, which he called “orbs,” in several of my photos. When we returned home, I searched online for anyone in my area who could explain or validate my photos, and I soon found a Website for a paranormal investigation group named the Ghost Stalkers of West Tennessee.

I submitted my photos to them, and Shelley Sullivan, one of the co-founders, quickly debunked all of them as being reflections from my camera’s flash, which had illuminated a single strand of a spider web. Sure enough, I was easily able to replicate the same effect in my own back yard, and even though I was disappointed that the “orbs” in my photos weren’t paranormal, I was intrigued by the photographic and audio evidence displayed on their Website. Eager to try my hand at investigating, I purchased several audio recorders, and within a couple of weeks, I recorded my first EVP while sitting alone in a local cemetery late at night.

After I sent that recording to Shelley, she and her partner, Michelle King, invited me to join their two-person team. Over time, we added additional members and investigated continuously throughout the tri-state area of Tennessee, Arkansas, and Mississippi, until that group disbanded three years later. The few remaining members changed the group’s name to the Memphis-Midsouth Ghost Hunters) and contin-



Spiritual rescue medium Kayla Bayles has been a clairvoyant, clairaudient medium experienced in spirit communication since childhood.

ued to investigate in a seven-state area surrounding Memphis. Working with those two groups, various mediums, and solo at times, I have investigated hundreds of private residences, businesses, and public sites, as well as many well-known haunted landmarks around the U.S., including the infamous “Screaming House” in Union, Missouri; the Myrtles Plantation in St. Francisville, Louisiana; the St. Augustine Light-house in St. Augustine, Florida; and the Thomas House in Red Boiling Springs, Tennessee, to name a few.

Eighteen years later, I still have a deep and abiding passion to provide definitive answers and positive resolutions to clients who are experiencing disturbing paranormal phenomena in their homes or businesses by providing assistance to the distressed discarnate souls there who are creating disturbances in a desperate cry for attention and help. That is the main reason why I founded our new group, Memphis Ghost Investigations & Spirit Rescue — to provide clients with answers and peaceful resolutions to spirit activity that they are not able to find elsewhere.

Q: Tell us about your personal paranormal experiences prior to investigating.

Stephen: My first paranormal experience occurred when I was around 10 years old. I was climbing a very tall tree, and when the limb I was leaning against suddenly broke, I fell out of the tree backwards about 50 feet from the ground. Somehow I was miraculously saved from a potential broken neck or back by an unseen force, which I believe was a guardian angel or spirit guide. So, from an early age, I was very aware that there is a spirit realm around us that is not perceptible through our five regular senses.

Six or seven years later while studying late at night, I had a spontaneous out-of-body experience that left me looking down at my body from the ceiling of the room. That experience was extremely unsettling and caused me to shut down my psychic abilities until many years later.

A third significant event occurred decades later in 2005 while I was investigating a small building on the grounds of an antebellum plantation house in Bolivar, Tennessee. In these former slave quarters, I began to experience tingling sensations around my crown chakra, which have since developed into the clairsentient ability to discern whenever spirit energies are present and specifi-

cally whether they are masculine or feminine, young or old, and earthbound or crossed-over, along with other details about the spirit. I have also physically seen full-bodied apparitions and shadow figures and have audibly heard disembodied voices and other auditory paranormal phenomena during investigations.

My two spirit rescue partners both had a much younger exposure to the paranormal than I did. Kayla grew up in a house in Memphis that was occupied frequently by two distinct spirits. The first spirit was a young earthbound female, named Lillian, who had a past life connection with

Kayla and served as a comforting companion for her during her childhood. When Kayla was older, Lillian eventually crossed over, and Kayla describes her crossing, the first she ever witnessed, as being both beautiful and moving.

The second spirit in her home was an elderly earthbound gentleman, named Carter, who had once lived on the land in a house that was no longer standing. To make his presence known, he would call her by name, slam doors, and move things in the house.

Jennifer’s earliest paranormal experiences were much more personal and family oriented. When she was seven years old, her father passed away. Soon afterwards, over the course of a month, he came to her nightly to tell her stories about family events, previously unknown to her, which were later validated by her mother.



Spiritual rescue medium Jennifer Brooks has been able to see and hear spirit energies since she was a young child.

Q: What interests you most about the paranormal?

Stephen: For me, it is not paranormal or “beyond normal” anymore — it has become my “normal.” I feel spirit energies “pop in” at different times of the day or night according to where I am at a particular time, and it is comforting to know that our crossed-over loved ones and spirit helpers on the other side are always nearby and can reach out to connect with us or give us signs when they have something important to say or want to remind us that they are supporting us.

I also have a strong desire to work with any spirits who have become earthbound in order to help them to reconnect with their crossed-over loved ones who have already transitioned into higher vibrational planes of awareness. It is always extremely interesting to meet these discarnate souls, hear their life stories, and feel their vibration raise dramatically when they finally release from our Earth plane.



Stephen took this digital photo of spirit energy in the mid-afternoon at an antebellum house on Old Plains Highway near Plains, Georgia. A clairvoyant spiritual medium who was with Stephen at the site detected the spirit energy of a woman standing near the house and advised Stephen to take this photo.

Q: Why did your team decide to focus on spirit rescue work?

Stephen: In 2005, I received definitive proof of an afterlife after an unseen female child spirit audibly spoke out loud from the balcony of an old movie theater in Covington, Tennessee, an event witnessed by multiple investigators who were present (the direct voice recording can be heard on the Evidence page of our Website). After that experience, the focus of my paranormal investigation work shifted immediately from the collection and presentation of evidence to spirit rescue because I quickly realized that a peaceful resolution to paranormal activity was the only thing that really mattered to people whose lives were being disrupted and turned upside down by unseen forces.

Unfortunately, the majority of paranormal investigation groups working in this field are not able provide that type of positive resolution because they don't have the necessary psychic and mediumship abilities needed to effectively counsel and guide earthbound spirits to a successful release and transition.

Q: Can you describe how the spirit rescue process works?

Stephen: This is how spirit rescue typically unfolds. After we receive a request for assistance, I contact the client by

phone to ask a few general questions about their experiences without asking for any specifics. To clarify, it is helpful for us to know if anyone at a site has heard voices, footsteps, knocking, etc., or if apparitions, moving shadows, etc., have been seen. However, we **DO NOT** want to know any specific details, such as an estimated age or a gender associated with auditory or visual phenomena or specific locations where phenomena has been witnessed at the site.

Our preferred method is to go into an investigation site completely "cold" without any specific details so that we have an unbiased opportunity to validate or disprove our client's experiences through our personal psychic observations and mediumship connections with any spirit energies we might encounter there.

After arriving at a site, we visit with our client for 10–15 minutes to explain our procedures and also to allow any earthbound spirits who are present to become comfortable with us being there. During this time, we are all silently tuning in and receiving information from any spirit energies at the site. Kayla and Jennifer record their initial observations in handwritten notebooks and continue to add additional information they receive throughout the investigation. After this brief consultation with our client, we are individually or collectively drawn to certain areas in the site where spirit energies are most active.

If our client is interested in observing our work, we invite them to accompany us and also carry an EMF meter if they want to feel more involved in the investigation process. After a thorough walk-through of the site, we compare notes with each other and present our findings to our client who validates whether or not the information we have received correlates with his or her experiences. At that point, we ask for some privacy in order to return to specific areas within the site to counsel any earthbound spirits who have not yet transitioned.

After working with all earthbound spirits at the site, we conduct a thorough vibrational clearing of the interior space and the land. We typically finish our investigation, rescue, and clearing work within 60 to 90 minutes, and we rarely need to stay at a location longer than two hours unless a house or business establishment is extremely large.

Q: What percentage of the time is a spirit rescue successful the first time? And do you try again if it doesn't succeed the first time?

Stephen: I always follow up with every client by email or phone several weeks after our initial visit to make sure that all spirit activity at the site has ceased completely. During the year and a half that Kayla, Jennifer, and I have worked together, we have only had to return to two client homes.

The first situation involved a house with multiple

spirits that required lengthy travel time from Memphis. Because of the large number of spirits there, we ran out of time that night and had to return a month later to work with several spirits whom we were not able to help during our first visit. That client has since confirmed to us that their home remains peaceful and quiet.

The other situation involved a young woman who was opening up to her natural psychic and mediumship gifts and had attracted several spirits. Our first visit to her home resulted in two spirit rescues, and we were surprised when she contacted us a second time to report that she was experiencing new activity that was affecting her children. We returned several weeks later to find that two earthbound child spirits, a sister and younger brother, had followed her home from her child's school sometime after our initial visit.

After we helped them both to release and transition, we spent a considerable amount of time advising our client on how to best work with her unfolding abilities without attracting more spirits into her home. This occurred last fall, and we haven't been contacted by her again. So, the vast majority of our clients have confirmed to us that our rescues are successful the first time, except for a few odd situations like these where we might have to visit a site twice.

Q: What different types of locations has your team investigated?

Stephen: The majority of calls and emails that we receive originate from terrified or curious homeowners or renters who have experienced disturbing paranormal activity in their homes, rental houses, or apartments.

Since we began working together, our three-person team has also investigated a number of business establishments in our area, including the oldest continually operating tavern in Memphis, local public historical sites, and a house built in 1922 that is being rented as an Airbnb.

Q: What equipment do you usually take with you on an investigation?

Stephen: Early in my career before my intuitive abilities were highly developed, I relied exclusively on electronic equipment, and I lugged a huge duffle bag to every investigation filled with audio recorders, video cameras, EMF meters, and other electronic gadgets.

Now I only take a couple of key items. I always record every investigation using a Sony PCM-M10 linear audio recorder so that we have an ultra-high quality, crystal clear recording of everything that occurs during our visit, and I also take a couple of Ghost Meters, a very reliable brand of EMF meter that I have used for years to check for excessive EMF levels. Nothing more.



This digital scan of a Polaroid photo was taken by Stephen at an undisclosed cemetery near Brighton, Tennessee, showing spirit energy manifested in mist form. One of the investigators with clairaudient abilities had just experienced a hostile reaction from a spirit at the site who was disturbed by their presence.

The main reason that I have pared my equipment down to two essential pieces is that over the past 18 years, I have confirmed time and time again that whenever there are one or more gifted clairvoyant and clairaudient mediums on-site, spirits who want to interact with investigators will not waste time and energy activating electronic equipment when it is much easier and more efficient for them to communicate directly with a medium in real time through energetic vibrations. Flowing energy always takes the path of least resistance, and that axiom also applies to spirit energy. Accordingly, we have no need for spirit boxes or other questionable gadgets since each of our team members has the ability to feel and receive spirit energy transmissions directly from the source. We are living spirit boxes and K-II meters!

Q: What methodologies do you use during investigations?

Stephen: We rely primarily on our highly developed intuitive abilities of clairvoyance, clairaudience, and clairsentience to connect with and communicate with spirit energies. After a clear connection has been established, we approach each situation with compassion and patience, and we always provide ample opportunities for each earthbound spirit to explain his or her present condition and motives for interacting with our clients.

This provides clues as to the best approach to use in counseling and assisting each individual spirit to resolve



This digital photo of a spirit energy orb was taken by Stephen at the entrance of the Love Tree Cafe in St. Augustine, Florida. Two months earlier, Stephen had witnessed an incredible display of EMF equipment interaction at this site with a female child spirit named Alice. On a second visit later that year, Stephen returned to the site and called for Alice, who responded by interacting with his EMF equipment again. This photo was taken while the interaction was occurring.

emotional issues, release past regrets, and raise his or her vibrational awareness to the point that he or she can release and transition to a higher plane of awareness when ready — a win-win scenario for everyone involved!

Q: What is the most important part of a paranormal investigation?

Stephen: As spirit communicators, the most important aspect of our investigations is to quickly establish a high level of trust with any earthbound spirits we encounter at a site. The sooner that occurs, the sooner we can begin the communication process that opens up opportunities for counseling that can then lead to quick releases and transitions of individual spirit energies.

Q: What cases will you remember the most and why?

Stephen: Every case is memorable because we meet so many wonderful clients and interesting, colorful personalities in spirit form wherever we are called. We had a really extraordinary experience, though, last fall when we investigated the Green Beetle, the oldest continuously operating tavern in Memphis, which is currently owned and managed by the founder's grandson.

During a four-hour videotaped investigation with a reporter, producer, and cameraman from a local TV station, we discovered a half dozen spirit energies at the site, including the crossed-over spirit of the Italian gentleman who established the tavern in 1939, an earthbound male teenage spirit from the 1970s who had met a tragic end nearby, an earthbound male spirit from an earlier time who worked as an electrician until he was accidentally electrocuted, a turn-of-the-century male child spirit whom Alice helped to cross over, and the most colorful of all, an earthbound female spirit in her early thirties, named Marilyn, who had been throwing wine glasses across the dining room and tapping bar customers on the shoulder in an attempt to be noticed.

Marilyn also expressed her annoyance to us concerning the loud rock music that was being played over the bar's speakers, so we advised Ian, the Green Beetle's bartender, to turn down the volume and slip in some more melodic tunes or jazz music from time to time. We also suggested that he set out a special glass of wine on the bar for Marilyn whenever possible as a gesture of acknowledgment and respect.

Since our visit, we are happy to report that no more wine glasses are being thrown or broken at the Green Beetle Tavern after Marilyn crossed over with our assistance.

Q: What is the most compelling evidence of the paranormal that you or your team has captured?

Stephen: Early in my career as a paranormal investigator, I recorded many distinct "Class A" EVPs, which was very exciting at the time (examples can be found on the Evidence page of our Website), and I also managed to take several photos of genuine spirit energy, which can also be seen on our Website. However, after my intuitive abilities developed and strengthened, I rarely record EVPs anymore since it requires a considerable amount of energy for a spirit to imprint a voice on recording media and it is much easier and more efficient for them to communicate via mediumship channels.

The most compelling evidence that our investigation and spirit rescue work is successful is that our clients report to us that all paranormal disturbances in their houses or business establishments stop completely after our visits and they are able to reclaim their living and working spaces and regain much-needed peace again in their daily lives.

Q: Talk about common misconceptions about the paranormal field that you've encountered?

Stephen: Most people tend to believe that paranormal experiences are rare, but I have found that whenever I talk with someone I have just met, that person has

either had a personal paranormal experience or knows someone who has. So, it is a common, widespread occurrence in the general population and is not as rare as you might think.

Another huge misconception is that many hauntings involve demonic activity. In almost two decades of investigating, I have only experienced a handful of cases that might qualify for that designation. Most of what people misinterpret as demonic activity is merely the result of the actions of very belligerent, upset, or frustrated earthbound spirits. In the event that an inhuman entity is present at a site, we have powerful allies in the spirit realm who deal with that type of energy quickly and efficiently.

Q: Whose work in the paranormal field do you respect the most and why?

Stephen: We feel most closely aligned with investigators and teams who are focused on spirit rescue work because it can provide a positive resolution to spirit disturbances that can quickly restore peace in people's lives when done properly. It does no one any good, clients and distressed spirits included, for investigators to go blanket a site with all kinds of fancy electronic gadgets for hours on end hoping to witness and record paranormal phenomena only to pack up and leave clients with the same predicament they were facing before an investigation began.

Only through spirit rescue work is there any possibility for finding a peaceful resolution for all of the parties involved. One such investigator whom we endorse is Amy Major, an experienced spirit rescue medium in New Hampshire who has written two books on the subject — *Toward the Light* and *Light the Way*. Amy's experiences and methods mostly parallel our own.

Q: What locations do you have on your wish list to investigate?

Stephen: Our wish list would include any location where there are distressed, trapped, or lost souls in spirit form who need assistance in healing, releasing, and transitioning to higher planes of awareness. We are always grateful for any opportunity to become vibrational communications "bridges" between our world and the spirit world.

Q: What words of wisdom would you offer beginner paranormal investigators?

Stephen: Read as many books as you can about psychic development (Sonia Choquette's books and Kyle Gray's books are highly recommended) and find a class led by an experienced mediumship teacher who can guide you in developing and expanding your natural intuitive abilities through exercises and practice. In our experience, our natu-

ral psychic abilities are our best tools for connecting with and communicating with spirit energies in order to provide positive resolutions to hauntings.

Just as important, these abilities also allow us to discern the true vibrational frequency of a spirit energy, which alerts us to masquer-

ading spirits and other trickster-type spirits. We have learned that electronic equipment can easily be manipulated by lower vibrational spirits to create a misleading or false narrative about what is actually occurring at a site, so we do not employ them in our investigation work other than to verify excessive EMF levels.

Q: What else should our readers know about you and your team?

Stephen: Our service area encompasses a 150-mile radius around Memphis, Tennessee, including areas in Arkansas, Louisiana, Mississippi, Alabama, Kentucky, and Missouri that fall within our service area. We will travel further in special circumstances, especially when children are being traumatized by spirit activity. We also are capable of working remotely by phone anywhere in the world.

We view our investigations and spirit rescues strictly as service work, and they are always free — we have never accepted and will never accept monetary compensation for helping someone in need. When clients offer payment, we suggest that they make a donation to our favorite charity, St. Jude Children's Research Hospital in our hometown of Memphis, Tennessee, whose mission is to find a cure to end childhood cancer.

Since there is not much information available anywhere concerning spirit rescue, I am currently working on a spirit rescue manual in which I will reveal our specific methods and highlight some of our most interesting investigations and rescues. I plan to publish this book later this year or in early 2021.

Find out more about Stephen Williams and Memphis Ghost Investigations & Spirit Rescue at www.memphis-ghostinvestigations.com and www.facebook.com/MemphisGhostInvestigationsandSpiritRescue. ♦

INTO THE FOURTH DIMENSION

DO TIME MACHINES AND EXTRA LEVELS OF REALITY REALLY EXIST?

By Brian J. Allan, Phenomena Magazine

One of the most bizarre of all the convoluted aspects of “superscience,” i.e., the kind of technology that allegedly permits alien spacecraft to visit planet Earth, is the enigma of time travel, or the ability to move from the present day to a fixed point either in the past or the future. It is a subject that has fascinated science-fiction writers since the genre was created and was celebrated by the author H. G. Wells in his classic novel *The Time Machine*, which went on to be filmed twice.

The manner in which Wells imagined his apparatus was very much a product of the 19th century in Victorian Britain, a mechanical device that seems to have used the then fledgling science of electricity as its source of power. This was admirably recreated by the special effects designers in the first 1960 George Pal version of the film, where it resembles a kind of partially enclosed sleigh with a rotating umbrella-like device at the rear.

The 2002 remake directed by Simon Wells, the grandson of the author, features a similar construction, but in this case light and rotating prisms appear to provide the motive force. In both examples, the inventor climbs aboard, sets the desired date on a dial, and then commences his journey by pulling on a short lever. The concept of a time-traveling vehicle or machine has been used many times since in a number of guises in various science fiction films.

For Wells to have even contemplated such a scheme speaks volumes for his imagination, and perhaps foresight, when the concept was considered utterly impossible by the science of his era, but now, using the arcane calculations of quantum mechanics, the idea becomes at least theoretically possible. Unfortunately, to actually construct a device capable of bringing this about is, for all practical purposes, highly unlikely. However, it has not stopped



people from claiming that they have indeed done so using two clearly defined processes.

One method apparently assumes that it is entirely possible to move a physical body in both space and time, while the other claims to move only consciousness and awareness, which on the face of it seems to be the more attractive and attainable proposition. One of those who claim to have physically traveled in time is John Titor, an enigmatic character supposedly from 2036, whose assertions appeared briefly between January and March 2001 in a series of posts on an Internet time-travel site. These featured a considerable amount of semi-scientific jargon and borrowed heavily from the theories of modern physicists.

An example of this is a direct reference to the ideas of, amongst others, the physicist Frank Tipler, who postulated that a mile-long cylinder composed of extremely



dense material, like the stuff that dwarf stars are made of, spinning at near light speed would create the conditions (i.e., a powerful, localized, gravity field) to cause a breach in space-time. Titor's acknowledgement of Frank Tipler's theories came in the form of an unexplained concept called a "Tipler Sinusoid," and a nod to other physicists came from the application of "rotating micro-miniature singularities." These, he insisted, were present in the device he used, which resembled a small, rectangular box.

Like Tipler's spinning cylinder, these would have the necessary ability to generate the gravity forces required to rupture space/time. But, since they are in effect small "black holes," just how they were supposed to be used, let alone controlled, is still something of a mystery. This caused a furor concerning the initial activation of the European Large Hadron Collider (LHC), which is situated on the Swiss/French border at The European Organization for Nuclear Research, known as CERN.

This gigantic and hugely expensive underground toroidal machine is intended to advance our understanding of the fundamental particles in the Universe by colliding protons at near light speed and creating the conditions thought to be present immediately after the Big Bang. There was fear that, once activated, the LHC might create

an unstable miniature black hole and lead to the ultimate destruction of Earth through the planet being sucked into its ravenous maw from the inside out.

It was a similar mindset considered by physicist Edward Teller, who predicted that the first-ever nuclear explosion during the wartime Manhattan Project might ignite the atmosphere and extinguish all life on the planet. Fortunately, it did not. With this in mind and assuming the worst does not happen, the LHC might just provide unexpected insights into time travel. Incidentally, fear of the unknown was the reason that the maps drawn by early cartographers carried the dire warning that, "Here be dragons," on areas of the ocean that had not been explored.

In common with the machine used in another film that used a time travel-based plot, *Back to the Future*, Titor's device was securely attached to the car, in this case a Chevrolet Corvette rather than *Back to the Future's* DeLorean, in which he made his "time jumps." He also posted impressive-looking diagrams of the object itself on the Internet.

Aage Nost is another character who, at the time was living in New Orleans in the U.S., claims to have devised a machine that allowed him to release his consciousness onto the oceans of time. The machine does not use esoteric applications of physics, but instead appears to be a



transmitter of sorts that generates a strong electromagnetic field in the radio frequency bands. This method apparently allows travel at will both forward and backwards in time; although accounts of the effectiveness rely entirely on the subjective evidence supplied by its inventor.

A third method of time traveling is a device called a “bio-energizer” that was created by the now sadly deceased Tony Bassett, and the claims made for this machine have at least been independently tested and appear to be partially effective, although the inventor promoted the use of “guided meditation” as part of the transition process. The introduction of a technique like guided meditation is commonplace with psychologists, counsellors, and others within the medical support field to induce relaxed mental and physical states conducive to suggestion.

Of those who have tried using this device, very few have actually gone much beyond the instructions given in the guided meditation, but of those who did actually succeed in “letting go,” one described a sensation of “traveling out into deep space among the stars.”

This should come as no surprise since, as with hypnosis, not everyone is susceptible to suggestion. But this must raise doubts concerning the efficacy of the machine. Following a meeting with the nephew of the late Sir

Oliver Lodge — who along with the physicist Sir William Crookes was one of the early investigators into psychic phenomena — Tony Bassett developed an interest in the promotion of Out-of-Body Experiences (OBEs).

He was also introduced to a process known as The Christos Technique, which is a method of deliberately inducing OBEs. These experiences allegedly occur when consciousness leaves the physical body and travels through space and time, which in this context is defined as the Astral Plane. This technique was used on various people with claims of a 20% to 30% success rate. It is arguable that the process itself is analogous to the remote viewing program instigated by the CIA under the auspices of the Stargate Project, where operatives were trained to allow their consciousness to travel to locations indicated by no more than map coordinates.

Intriguingly, it soon became obvious that the remote viewers could see not only what was present at the map coordinates, but images that were not on this planet and, in some cases, not even in this time. However, the Stargate program was officially closed down and abandoned in 1995 due to the unreliability of the results, although there were also a few spectacular successes. From the available information, the bio-energizer appears to be a variant on a radio frequency device that relies on the generation of a

wide range of high-frequency electromagnetic (EM) fields to produce results.

To be fair, the claims made for both of these devices may actually have some basis in reality since they can and will induce effects in the brains of those exposed to the EM radiation. This is also similar to the equipment devised by professor Michael Persinger, a neuroscientist at the Laurentian University situated in Ontario, Canada.

In Persinger's case, the equipment (called Persinger's Helmet) was used to successfully demonstrate that external magnetic fields could produce altered states of perception in people exposed to them. The term Persinger's

Helmet refers to the fact that the device was a modified motorcycle crash helmet with solenoid coils affixed at various points on it. The coils could be activated independently and in any order to apply magnetic fields of varying strengths to different parts of the brain.

Whether the subjective impressions experienced by the volunteers who used it were purely neurological effects induced by the EM themselves or whether the EM fields somehow retuned the brain to receive another range of inputs is another matter. The only thing one can say with any certainty is that when the EM fields were switched off, the impressions likewise stopped. From this, it is clear that magnetic fields can and do affect perceptions, so perhaps there is some validity to the sometimes extravagant claims made by others in this field.

Before leaving the bio-energizer, Tony Bassett evidently had plans to actually build this device into the walls of a room to act as a permanent installation, although there is no evidence that this was ever done. Bassett also constructed a musical oddity called the Theremin. This "instrument" has popped up several times over the years and could be regarded, along with the Ring Modulator and similar electronic devices, as a forerunner of modern electronic synthesizers.

The Theremin was first invented in 1919 by Russian Leon Theremin and basically comprises two antennae radiating an electromagnetic field that responds to the proximity of objects, in this case the human hand. It is played by musicians altering the proximity of their hands in relation to the antennae, thereby altering the electromagnetic field. The result is then amplified and played through speakers. The sound is, for want of a better word, rather "spacey" and eerie. The device is featured on the sound tracks of several early sci-fi films, including the classic *The Day the Earth Stood Still* and also in various TV shows.

However, will time travel ever become a reality? Or

will it forever exist as an anomaly in the equations of particle physicists? Certainly, as we have seen, there are many claims that it is a reality, although if so it may be more likely in a non-physical sense. So what are we to make of John Titor? An initial and reasonable reaction is to assume that he was part of an elaborate and intricate hoax. But why and for whose benefit? Is it just a moneymaking scam (John Titor's Website sold

various items), or was it an attempt to "drip feed" a great secret into the public domain?

There was another shadowy group called The Wingmakers that supposedly traveled back from the future to the eighth century AD to leave a time capsule for us to find. Again, one must ask

why? Why not just travel to the here-and-now and communicate with us directly rather than leave the information and clues lying around for close on 1,200 years? The Wingmakers have much in common with the ideals of the Space Brothers because their message seems peaceful and their philosophy is one of infinite understanding.

However, as far as Aage Nost (who hosts a radio show in the U.S.) and Tony Bassett (who died in 2013) are concerned, they have faded into relative obscurity. Neither of them seem to have made much money from their enterprises, so why bother? Was this, to quote the artist Andy Warhol, their "15 minutes of fame" perhaps?

Sadly, the type of information they presented was unfortunately more likely to earn them ridicule and notoriety than fame, so perhaps they did genuinely believe that they had a method of reaching beyond the strictures of space and time.

The basic premise of time travel itself, although theoretically possible in the esoteric equations of quantum mechanics, is fraught with many pitfalls and anomalies. Logically, if a future race like the Wingmakers sent back this information for our (and ultimately their) benefit, then we must have acted upon it and it must have worked. Or, conversely, our descendants are perhaps not happy with their lot and are attempting to change their present by persuading us to alter our future. If nothing else, it is encouraging to think that mankind, as a species, has not managed to destroy itself and is still here on planet Earth.

Which brings us back to the subterranean LHC in Switzerland. What if some experiment using this device really does finally bring down the barriers of space-time and permit travel to and from the past and future? What then? How would we react, with panic or joy, or would the organization who operates it even tell us what they had done? Sadly, this is unknown and perhaps unknowable. Ultimately, perhaps it is better that way. ♦

The basic premise of time travel itself is theoretically possible in the esoteric equations of quantum mechanics.

The Haunted Orient Express

By Paul Dale Roberts, Halo Paranormal Investigations

The Orient Express is a legendary long-distance, international passenger train that ran from 1883 to 2009 and was operated by the Compagnie Internationale des Wagons-Lits. Even though its operation has been discontinued, the Venice-Simplon Orient Express train service continues to run to this present day, offering rides in restored 1920s and 1930s carriages from London to Venice.

In 1974, I was in Paris, France, and visited the Eiffel Tower, Notre Dame, Versailles, Napoleon Bonaparte's Tomb, and the Triumphal Arch. I also made sure I rode on the Orient Express, traveling from Paris, France, to Istanbul, Turkey. Even though I was on the Orient Express for a short time, it was an honor to be on such a legendary train.

The reason why this legendary train is called the Orient Express is because Turkey is considered a part of the Orient, so therefore the train that went from Paris to Istanbul was given the name the Orient Express. Your greatest literature, movies, and TV shows talk about famous icons and dignitaries — from Dracula to Hercule Poirot to James Bond and Sir Harry Paget Flashman — riding the Orient Express.

Of course, the Orient Express is reportedly haunted.

I received a report from 72-year-old Michael Jayson Hodges, who emailed me about his experience on the Orient Express. Here is his email:

“Paul, I am not sure if you know about the Orient Express. It may be before your time, but during my days in the Army, I rode on the Orient Express. It's a memory that will be with me for a long time. It was 1967, and I was enjoying a bit of R&R. And my German girlfriend, Hilda, took me on this adventurous train ride.

“As we went through Budapest, I was looking out the window. It must have been about 1400 hours, sometime in mid-August. There were a few cumulus clouds in the sky. I noticed that one of these fluffy clouds seemed to be tremendous in size, and it seemed to rotate. I told Hilda about it. I told her: ‘Are my eyes playing tricks on me? Is

that cloud rotating?’ Hilda looked at it and confirmed that it seemed that the cloud was rotating.

“We kept our eye on the cloud, and then all of a sudden about 15 tiny golden spheres shot out of the cloud and were going in all different directions. It happened so fast. When the spheres shot out, they were out of eye shot in a matter of three seconds. If you weren't watching the cloud, you would have never seen this crazy sky show. I have never seen anything like this in my whole life.”

—Michael



The Orient Express. (Photo by Murdockcrc via [Wikimedia Commons](#))

I remember when I was on this legendary train, a couple told me that the Orient Express was haunted by a little blonde-haired girl nicknamed Strasbourg Gelbes Haar, which means Strasbourg Yellow Hair. Supposedly, a little blonde-haired girl in 1903 fell from the moving train in Strasbourg. She wanted to feel the wind and instead fell to her death from the moving train.

Some passengers reported seeing the girl's ghost in the train's restrooms and it would scare them to death. The Strasbourg Gelbes Haar haunted the train for about five years until a gypsy woman cleansed the train and the phantom disappeared forever, possibly finally finding her way into the light. ♦



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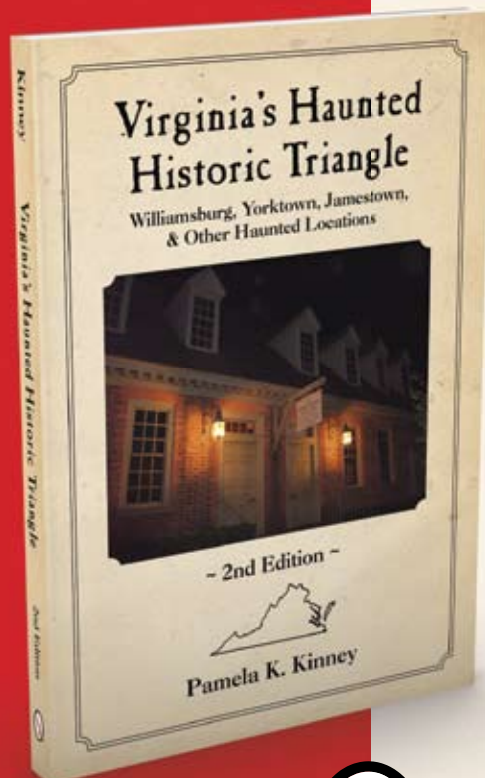


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THREE AMAZING CASES OF USO CONTACT

By Preston Dennett, PrestonDennett.weebly.com

While there are many types of UFO encounters, among the strangest are accounts of Unidentified Submersible Objects (USOs). In these cases, UFO craft are seen coming in and out of our oceans, lakes, and rivers. USO cases have been occurring across the world for hundreds of years, but only recently have they captured the attention of UFO investigators.

In my own research, I have investigated and documented dozens of USO cases. Many of these involve simple sightings. Some, however, involve deeper levels of contact, with missing time and in some cases humanoids. What follows are three of the most amazing and extensive cases of USO contact in my files.

1. USO Encounter on Lake Miccosukee

A particularly puzzling and dramatic USO incident occurred in the fall of 2007 to Wade Bentley of Monticello, Florida. Bentley and his girlfriend often enjoyed taking their Minn Kota kayak out at night on Lake Miccosukee, a large, swampy, prairie lake more than 17,500 acres big, located in Jefferson County, less than 10 miles south of their home.

One evening they were out on the lake enjoying the stars and solitude. There was only one other boat visible on the lake; onboard was an old man who was fishing for perch about 300 yards to the southwest.

Suddenly, they both noticed what appeared to be a helicopter coming west over the lake, sending down a searchlight. As they watched, the searchlight shined toward their direction, dropped down to the level of the water, and headed north. At this point, the light was several miles away.

Without warning, it darted toward the old man's boat and dove into the water, disappearing beneath it.

Bentley and his girlfriend were shocked. Clearly, the object couldn't be a helicopter. The old man didn't react at all and just kept fishing. As they discussed this fact, the light continued moving.

"The light, now underwater, took off southeast just to the point of Pine Island three miles away, then popped up like a periscope, shining the brightest and tightest spotlight



Lake Miccosukee in Monticello, Florida, was the site of a 2007 USO encounter.

I have ever seen," Bentley said. "By now we were praying. And that light focused on us. I was holding my breath as it dropped underwater, and in three seconds, it rushed at us and disappeared under our boat. We were calling on Jesus at this point. All this happened in about 30 seconds."

At this point, events became confused. The USO and the fishing boat were now gone. "The old man had disappeared, and a bass boat with two men nearly rammed us,



In 1952, a group of friends witnessed a USO emerge from Lake Hamilton in Hot Springs, Arkansas.

literally out of nowhere,” Bentley said. “I pulled a 357 [Magnum revolver] on them, hammer back, face-to-face, and screamed for them to back off. They did not see us or react whatsoever. They just faded off.”

Bentley and his girlfriend were now deeply concerned. They headed for shore and were still shaking as they docked. They have no explanation as to how the fisherman near them disappeared or how the other boat nearly rammed them while still failing to see their own boat.

This was not Bentley’s first UFO experience. Throughout the month of August 1988, he and many other people observed multiple UFOs on a nearly nightly basis. The objects (sometimes over a dozen in number) appeared very much like the object he and his girlfriend saw on (and in!) the lake.

Regarding his 2007 encounter, Bentley remains convinced that he saw a genuine USO.

“Ninety percent of this lake is less than five feet deep and covered in lily pads. I don’t see how an object with a physical body can move at these speeds above and below the surface and through thick aquatic foliage, much less with no sound whatsoever,” Bentley said. “It was mov-

ing a mile or more per second, and it seemed to have an intelligence about it. When I spoke of it, it shined our way and came, not once, but twice. There is no doubt in my mind, heart, soul, and spirit that it was being intelligently controlled or driven.”

2. Abducted by a USO

Another incredible account involving a USO occurred not in the ocean, but in a lake in Arkansas. If his friend hadn’t begged him, Mark Halverson [pseudonym] would never have gone to the lake that night. But he did go, and his life would never be the same.

It was the summer of 1952. Mark was 16 years old, and his friend Randy [pseudonym] was practically begging him to go to Lake Hamilton with him. Lake Hamilton was only one of several large lakes outside Hot Springs, Arkansas.

But on this particular night, Randy had a problem. He was dating a girl, Tina [pseudonym], and had asked her if she would go with him on her family’s 16-foot speedboat to cruise the lake. She agreed on the condition that she could bring along her friend Natalie [pseudonym] and that Randy had a friend for her — sort of a double date.



A graphic representation of a USO over water.

Randy, of course, agreed and was now pleading with Mark to come along on the date. Mark, however, wasn't really interested in the girl. After much persuasion, he finally agreed, but only on the condition that he could drive the boat. Randy and his girlfriend, Tina, agreed, as they wanted to be alone in the back of the boat anyway.

Around 7 p.m., Mark, Randy, Tina, and Natalie all boarded the 16-foot ski-boat and pulled away from the dock. For the next hour, they cruised around the 10-mile-wide lake. Finally, at around 8 p.m., it began to get dark. Mark pulled into the middle of a large isolated bay, a good 50 yards from the shore and still in the deeper sections of the lake, and cut off the motor to the boat. They were totally alone on the lake.

Randy and Tina sat in the back seat of the boat. Now that it was dark and quiet, they curled toward each other and began smooching. Meanwhile, Mark and Natalie did their best to ignore them and talked awkwardly about trivial subjects. Less than five minutes passed before something very strange happened. "You know how a submarine makes a gurgling sound, like in the movies? Well, we started hearing this gurgling sound, and it was pretty loud," Mark said.

"What is that noise?" Natalie asked.

"I don't know," Mark replied, looking around for the source of the noise.

Randy and Tina peeled themselves off each other and began looking around.

"What is that?" Natalie repeated. "What is that noise?!"

Mark could see that she and Tina were both getting scared. "I don't know," Mark repeated.

By now, the sound was getting very loud. Seconds later, they discovered the source of the noise. None of them could believe their eyes.

"All of a sudden, right beside the boat, something started coming out of the lake. It started coming up and it broke the water," Mark said. "I could see that it was black, and it was round. It was probably 25-30 feet in diameter. There were no lights, and I heard no noise but this gurgling noise. And it came up right next to the boat. I could have reached out and touched it."

"What is it?" the girls screamed.

Mark stared at the black mass, trying to figure out what in the world it could be. His first thought was that it was a sunken boat-dock that had spontaneously risen from the bottom of the lake. At the time, the boat docks were often crudely constructed using 55-gallon barrels tied together with boards nailed over them. The floating docks were very effective, but were also temporary as the barrels would eventually decay and sink.

"It's got to be a boat dock," he said.

As Mark stared at the huge black object next to the boat, he could clearly see that it was not a boat dock. But then, what could it be?

"It looked to me like a black saucer. It was tapered in the middle; it went up a little bit higher," Mark explained.

The object itself rose up about three or four feet and was easily twice the size of their boat. Up until this point, Mark didn't feel any fear. However, he suddenly realized that both the girls were screaming,

"Let's get out of here! Let's get out of here! Get out of here!"

Randy was also screaming and motioning for Mark to start the boat. Mark didn't hesitate any longer. He turned the ignition and jammed the accelerator to the high-speed position. To his shock, the boat wouldn't move.

Only then did he feel a sudden flash of fear. "I started the boat, and I jammed it wide open. It just sat there, and it wouldn't go, like something was holding it. It felt just like it was tied to a dock," he said.

The boat engine revved at full blast, and yet the boat refused to move. Everybody was screaming at each other as they tried to get away.

Mark's not sure what happened next. "The next thing I remember, we were about 200-300 yards down the lake, going 50 miles per hour. The boat was porpoising like crazy and everybody was still screaming," he stated.

All four of them were, as Mark says, "scared to death." The boat was heading straight for a pole. Mark swerved and stopped the boat, and everybody slowly stopped screaming. None of them had any idea what had just happened. Mark steered the boat toward his girlfriend's house, where the dock was. It took them about 15 minutes to return and pull the boat into the stall.

They went inside and were shocked to find that it was already after midnight. Tina's parents were furious. They screamed at the boys to get out of their house and ushered the girls into the bedroom. The parents had no interest whatsoever in hearing any explanations, neither from the boys nor the girls. They told the boys, "Leave now or we are going to call the police."

Mark didn't need any more convincing. He and Randy went straight home.

Afterwards, the incident became a taboo subject. Mark tried to tell a few adults, but each of them thought he was just a teenage boy messing around with girls. Mark put the experience behind him and went on and lived his life. He wanted to discuss the incident with Randy and the other girls, but all three moved out of town shortly afterwards.

As the years passed, he often thought of the incident. He became especially puzzled by the missing time aspect and estimates that they lost four hours of time. However, at that time, there was very little written about UFOs, especially ones that come out of the water, so he kept his encounter a secret.

Then about 20 years later in the early 1970s, Mark was in the local department store when he saw his old best friend Randy.

After saying hello and talking a bit, Randy said, "Do you remember that thing we saw come out of Lake Hamilton that night?"

"Yeah," Mark replied.

Randy nodded, and the conversation moved on. There didn't seem much else to say. A few years later, Randy contracted cancer and died.

Mark realized that he had not only lost a friend, he had lost one of the few people who might be able to answer what happened on that night. One day, he thought, he will try to find out what happened. Maybe one day he could find the other two girls who were with him that fateful night.

Around this time, in 1975, Mark was amazed to hear about two men in Pascagoula, Mississippi, who said that an object landed along the shore while they were fishing. Just like him, they also experienced missing time. However, they were also taken onboard the craft. He began to wonder, could this have happened to him? And if so, why, and what did the aliens do?

"I remember the fishermen in Mississippi. That kind of made me think, but I can't remember a thing of what happened," Mark said. "I've tried and tried, but there's a blank there. Nothing. It's just strange that something could happen like that and there's nothing to explain anything. This memory loss is really the thing to me because I can't remember anything about it. It's just a blank. I don't know what happened in those hours. It's like they didn't exist, like you have an operation and you can't remember anything. And it just happened that quickly. I've heard they can make you forget everything if you're captured by one. Well ... something sure happened."

After retiring in 2002, Mark decided that he would finally begin his search for the other two witnesses. It didn't take very long to locate Tina, as he knew she was a nursing student.

She was now, like Mark, in her late-60s. Mark introduced himself. She remembered him clearly. Mark asked her about the night on the lake. She said that she remembered coming in late and that her parents were "awful mad."

As Mark stared at the huge black object next to the boat, he could clearly see that it was not a boat dock.



A witness recreation of a USO spotted at Leo Carrillo Beach in Malibu, California, in 1998.

Mark reminded her about the gurgling sound, the black saucer-like object, them screaming, and suddenly missing four hours of time. “I don’t remember anything on the lake. I don’t remember anything about that,” she replied.

Currently, Mark is considering hypnosis. The only things stopping him are finances and that, as he says, “I’m kind of embarrassed to mention it in front of anybody. Nobody believes me, so I don’t say much about it.” Although he continues to live in the same area not far away from Lake Hamilton, he has never returned to the spot.

“I’m going to start fishing in this lake at night this summer. I’ll be fishing right where it happened. I’m a little leery about going back to this place at night by myself. I don’t know if I’ll go back ... I don’t know,” Mark said.

3. Contact at Leo Carrillo Beach

In the summer of 1998, an extraordinary encounter involving dozens of witnesses occurred at Leo Carrillo Beach in Malibu, California. With more than 70 documented cases, this area just happens to be one of the top producers of USO accounts in the world.

Dan X and a large group of friends had organized what they called a “renegade beach party.” The beach is some distance from the Pacific Coast Highway at the base of some cliffs. They all parked in a parking lot above the beach and began to eat, drink, and socialize. The party went on late into the night.

On that evening, the bioluminescent algae was creating a pretty blue glow in the waves. Late into the evening, around 11 p.m., a group of five friends, including Dan, stood down by the water enjoying the view of the waves when they noticed what appeared to be an oil rig offshore.

“It was a set of lights, probably three or four stories, three or four rows of lights off on the horizon,” Dan said.

The group of friends discussed the lights. They were white, red, and blue, and very bright. Someone said it was probably an oil rig, but someone else pointed out that the oil rigs usually don’t come this far south.

At some point, the profile of the object lengthened, as though it had turned. It now appeared more like a large cruise ship. The lights, however, appeared asymmetrical, with three on one side and two on another.

“After about 20 minutes of noticing this object and watching it, we saw a smaller set of lights exit from the north side of the object and move north up the coast past my line of sight,” Dan explained.

The second object was a single row of lights. It moved with surprising swiftness. One of the people in the group mentioned that it might be a cigar-boat, a type of speed boat famously used by smugglers.

After the smaller light disappeared, the group of friends rejoined the party, which was only 150 feet further in from the water at the base of the cliffs. Shortly after they did so, something very strange happened: The sky



It was down this staircase that witnesses observed 10 humanoids in blue jumpsuits at a beach in Malibu, California.

above them lit up with intense bright, white light. The source appeared to be coming from the cliff area immediately above them.

“We were down at the base of the cliffs, and above us the sky lit up like Hollywood spotlights. The way the light lit up, it seemed like multiple big-rig trucks with floodlights,” Dan stated.

The light was intensely bright, way too bright to be caused by headlights from an automobile. They looked more like stadium floodlights than anything else. No sooner had the light appeared when it winked out. Dan thought to himself: *That was strange.*

Things were now about to go from strange to bizarre. Walking down the staircase from where the intense light had just been extinguished was a group of 12 to 15 figures, both male and female.

“It was past midnight. Nobody knew who they were ... I actually saw them coming down the stairs toward us before they hit the sand,” Dan said. “And as they were coming down the stairs, they were grouped together in a line. And when they got to the bottom of the beach, they stayed together but they sort of slid off into little groups by the time they reached us ... They all appeared to be Asian or Mesoamerican. They were all sort of short in stature. This is the really funny thing: They were all wearing the same Navy-blue Nike jumpsuit with the little white stripes, like a running suit or track suit.”

The suits did not have the Nike logo, but looked similar. In fact, all the figures looked similar enough to each other that they could have been brothers and sisters. They all had dark hair, the same length, with no apparent facial hair. The similarity between them was eerie.

As Dan and the others watched, this mysterious group of figures walked right up to their group and began walking among the partygoers. Instantly, Dan realized something was strangely off. First, it was past midnight. Nobody should be out here. Second, the strange visitors hadn’t been invited, and yet they came right up to the group as though they were on a mission. Third, they all looked the same and were dressed the same. Fourth, they weren’t acting like normal people. They weren’t speaking or interacting with people, yet they were walking among them doing something that he couldn’t quite understand. The strangest part was that none of Dan’s friends seemed to react, as if being invaded by a mysterious group of identical-looking, short, blue-suited figures at midnight was a normal occurrence.

“These people came down and walked around our party, each holding what looked like beer bottles or books in their hands,” Dan explained. “And out of the corner of my eye, I could see flashing lights, like a little blinking light, out of what should have been a book, or a beer bottle, and that seemed odd.”

While at first, Dan and the others assumed the figures



were holding bottles, Dan now believes that this thought was put into their heads and that the objects in the figures' hands were something else entirely.

Everybody was acting in a strangely passive manner as the figures walked among the group. The figures walked in seemingly random patterns but were obviously organized in their movements. They moved in pairs or groups of three, and although silent, they seemed to communicate with each other. At some point during this time, Dan recalled the strange lights on the water and "had a feeling that when the lights on the water disappeared, the experience would be over. It was a sense that this thing is happening, and it will be over when the lights are gone ... there was this strange feeling like you're communicating on some level that just says, everything's cool."

But the experience wasn't over yet. "At some point, I looked over at the lifeguard tower on the beach, and there was somebody [one of the figures] sitting on the outside, on the top of the lifeguard tower, beaming a light out toward the ocean," Dan explained. "It seemed like maybe a high-powered flashlight. It was a bright light that went out toward the water. And I remember thinking how strange that was because the lifeguard towers are built in such a way that you can't actually climb up on the outside. And they're locked from the inside. So I wasn't really sure how anybody got on top of one of these things."

Dan has had UFO encounters before. He knew something strange was going on, but at this point, he didn't think he was dealing with actual extraterrestrials.

Then something happened that changed his mind.

"The folks in the jumpsuits are walking around us, and we're seeing these lights. The next thing I remember is the folks that joined us are gone, and a good 20 of us were standing in two parallel lines, equally spaced maybe

three feet apart," Dan stated. "And at the base of our feet was an indentation in the sand of a circle — like you put a cup in the sand and see the indentation — maybe an inch deep and two inches wide, as if you were to draw a stick in the sand around us. We each had these circles around our feet! And we all sort of came back to our consciousness of the party noticing our feet and seeing these circles and commenting on it."

The lights out in the ocean were now gone. Following this, the party broke up and everyone went home. Later, as Dan thought about the incident, he realized how truly strange it was. One moment he had been watching the figures; the next, he and the others were standing in a row. It was a classic case of missing time.

Dan contacted some of the people who were there and was surprised to find that some of the people didn't remember any strange lights or weird figures. Some remembered the lights but not the figures. Some remembered both. Nearly everybody had different degrees of recall. None remembered as much as Dan was able to recall.

No other witnesses have agreed to be formally interviewed, but at my request, Dan did contact some of the witnesses, and at least two did admit to Dan that they still remember the incident, including the strange lights and the blue-suited figures.

Following the encounter, Dan did have a flashback of the incident. In the flashback, he was no longer on the beach. Instead, he was inside a very large room with metal walls, presumably aboard the craft.

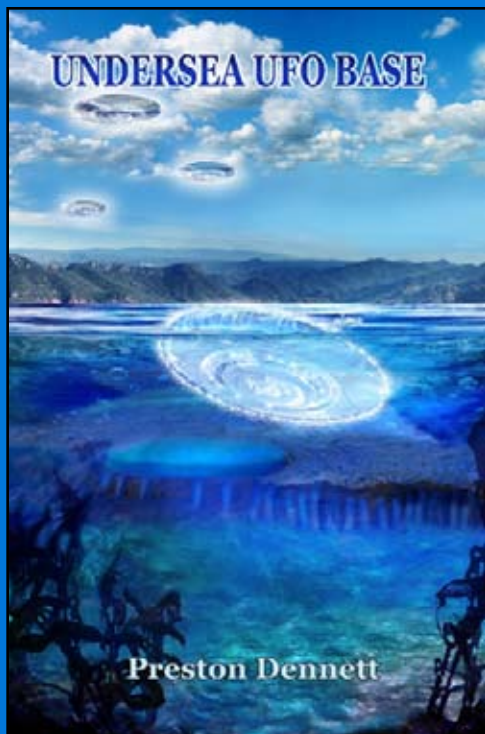
Today Dan is convinced that the encounter involved actual ETs and ocean-going UFOs. There are just too many strange details about the entire ordeal that cannot be explained.

Following this encounter, Dan continued to have further encounters, some of which involved extensive contact and communication with friendly otherworldly humanoids.

Conclusions

These three amazing cases are just the tip of the iceberg. With hundreds of accounts on record, it is clear that the ETs are hiding in our oceans, lakes, and rivers, perhaps in large numbers.

Their craft are able to move in and out of the water with ease and can move underwater with speeds far faster than our own submarines. ♦



UNDERSEA UFO BASE

BY PRESTON DENNETT

An In-Depth Investigation of USOs in the Santa Catalina Channel

For 100 years, strange activity has been occurring off the southern California Coast. Mile for mile, this area is one of the top producers of unidentified submersible objects (USOs) in the entire world. Drawing on firsthand testimonies from the Navy, Air Force, Coast Guard, police officers, lifeguards, residents, and many others, Preston Dennett presents a compelling case for the possible existence of an undersea UFO base.

Sightings of weird lights, anomalous glowing clouds, objects flying in and out of the water, mass UFO sightings, humanoid encounters — they're all here. More than 10 years of research is presented here for the first time. The truth about this area can no longer be denied: something very strange is lurking in these waters.

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Wetlash Sighting in Carmichael, California

By Paul Dale Roberts, Halo Paranormal Investigations

In November 2011, Carmichael, California, resident Bob Montana had an unusual experience while fishing on the Sacramento River near Garcia Bend. I spoke with Bob about his fascinating encounter ...

Q: Bob, tell us something about yourself.

Bob: I was born and raised in Sacramento; lived in Carmichael for about seven years now. I am married with three children. I work for the state government. I am an avid fisherman. I love taking my boat out and seeing what I can catch.

Q: What kind of boat do you have?

Bob: I have a 30-foot Hydro Cat Catamaran Offshore Fishing Boat.

Q: On November 16, 2011, at around 9 p.m., you saw something unusual along the embankments of the Sacramento River?

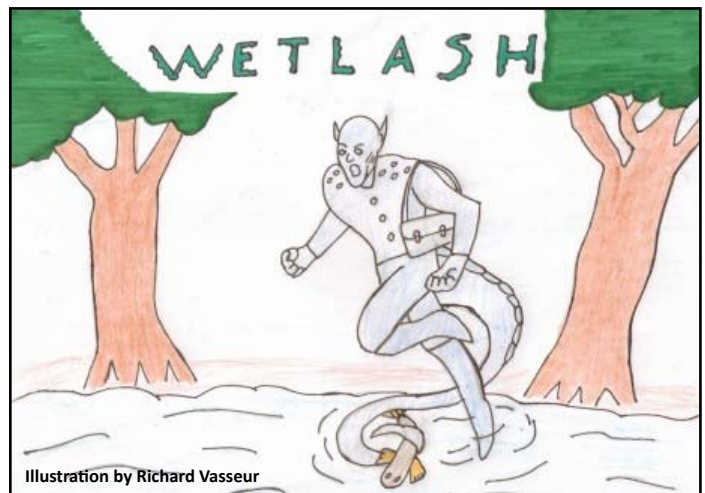
Bob: Yes, I saw a Wetlash. My Indian friend calls it a Wetlash. It was the damndest thing I ever saw. This watery creature came out of the water; it had long ears, must have been about 3 1/2 feet high, knee-high boots, strange shirt with an open collar, and the longest tail ever. At the end of his tail, he was holding a fish. The Wetlash caught my eye and looked at me with a strange look and went back into the water immediately.

Q: Were you drinking?

Bob: No. I never drink when I am on the waterways!

Q: Could the sighting be of something else, something natural? Could it have been a glop of water ascending into the air from the movement of your boat?

Bob: No, it was a creature. It looked like one of those elf-type of creatures from *Lord of the Rings*.



Q: So your Indian friend calls it a Wetlash? What did he say it was?

Bob: He thinks it was a water elemental and that it came from Europe.

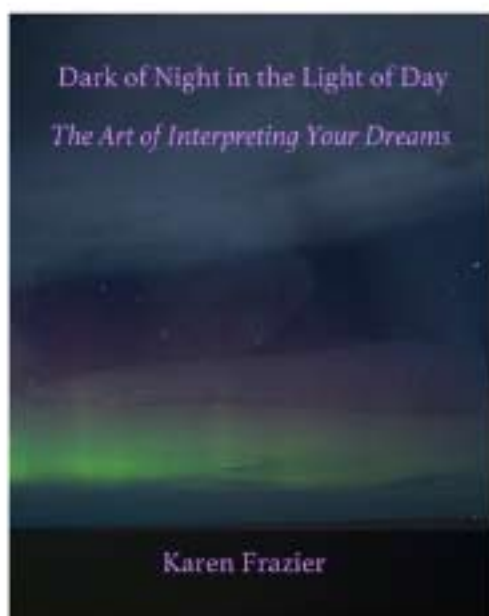
Upon further research into this witness encounter, I learned that water elementals are essentially etheric matter. There are a variety of nature spirits. People know these nature spirits as fairies, ondines, etc. They can exist anywhere. In fact, in Jewish mythology, they're called Shedim. The Egyptians called them Afries. Africans named them Yowahoos. Persians called them Devs. If this was an elemental entity, it may have been in America for a long, long time.

There have been other strange creature sightings near the Sacramento River. A long snake or sea serpent was once spotted in the Sacramento River by 43rd Avenue (near the Pocket Area/Greenhaven). Mothman was seen supposedly jumping off the Tower Bridge over the Sacramento River. There are stories of ghosts along the Sacramento River, including sightings of La Llorena (the weeping woman) and a ghost called the Fisherman of the Sacramento River Banks. ♦

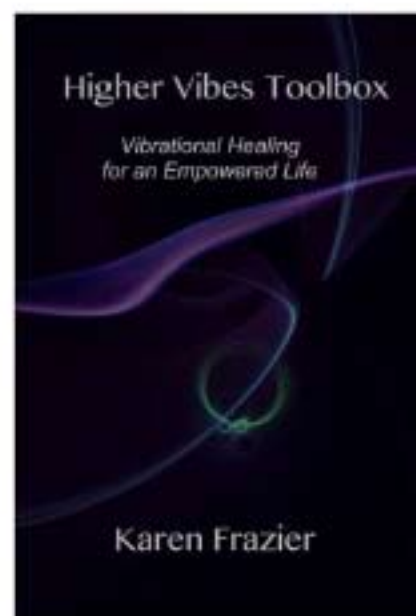
New from *Paranormal Underground* columnist

Karen Frazier

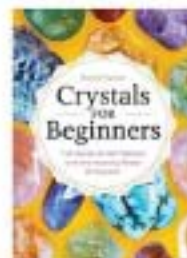
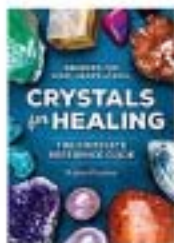
Unlock the power of your dreams



Improve your life with vibrational healing



Also by Karen



AuthorKarenFrazier.com

Practical Solutions for Dream Guidance and Recall

By Karen Frazier, AuthorKarenFrazier.com

Many people who take my dream interpretation class mention they have trouble remembering their dreams or they don't feel their dreams are meaningful. The truth is everyone dreams and everyone has symbolic dreams, which occur during REM sleep. However, not everyone is able to remember their dreams because they can be so ephemeral.

If you don't record your dream as soon as you wake up by writing it down quickly or speaking it into a voice recorder, there's a good chance you'll forget it or details of the dream will slip away quickly.

It's unfortunate because dreams are an excellent source of wisdom from a higher source. They can provide guidance or alert us to issues in our subconscious that we need to bring into consciousness so we can deal with them and heal. Dreams are an important tool for people on a spiritual path seeking guidance and growth.

There are some things you can do to support meaningful dreams and dream recall. The first is to state your intention nightly before you go to sleep. Every night as I drift off, I say, "Tell me what I need to know." For me, that's enough because I have always dreamed vividly and have good dream recall.

Others may need a more clearly stated intention, such as, "Tonight, I will receive guidance in my dreams, and when I wake, I will remember them" or something similar.

Keep a dream journal or a voice recorder next to the bed, and as soon as you wake from a dream that seems significant, write it down. If you wake in the middle of the night, even a few descriptive words of things from the dream can be enough to spark recall. Then, in the morning, write everything you can remember from your dream in your journal and see if you can translate what the dream is telling you.

Another great way to remember dreams is to place amethyst next to your bed, under your pillow, or between your mattress and box spring. Amethyst can trigger meaningful dreams and help you remember them. Cleanse



your amethyst once or twice a week using smoke or another method.

Finally, try this essential oil blend. If possible, put it in a roller bottle with chips of amethyst and an amethyst roller ball. Apply to your third eye before you go to bed, massaging it into your forehead in a counterclockwise direction (clockwise dispels, counterclockwise draws or nourishes) as you repeat your affirmation for dreaming and dream recall.

Dream Serum

- 1 ounce sweet almond oil
- 5 drops lavender essential oil
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Shake well before each use. Store in a drawer out of direct sunlight. ♦



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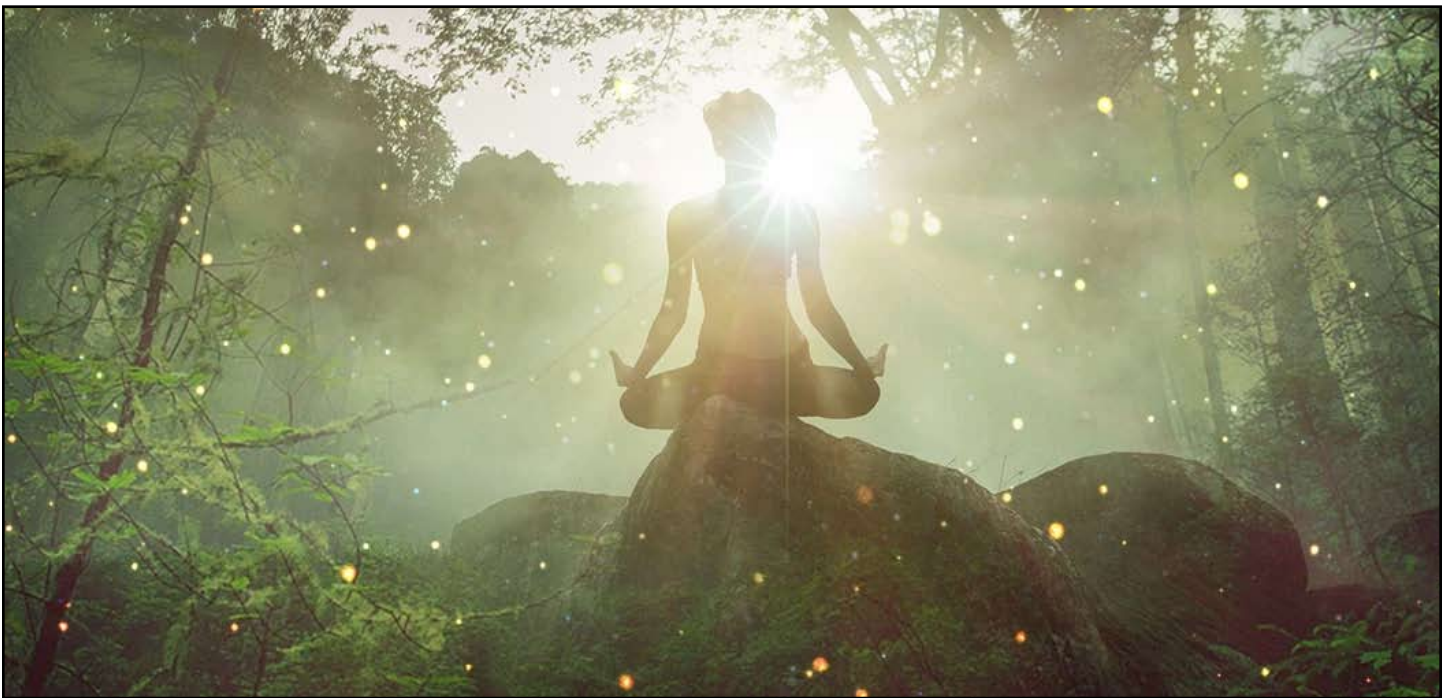
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BY THE LINEUP

THE IMPORTANCE OF GROUNDING

Balancing the Earth Star and Root Chakras in Times of Fear and Uncertainty

By Dr. Athena Perrakis, Sage Goddess



I know you can feel it. We all feel it. Even if you don't consider yourself to be sensitive, you in some way feel the shift, the major winds of transformation that are blowing through the collective, uprooting and unsettling everything we all once found safety and security in. Everything we once knew is being thrown into the light for questioning, and it can be a daunting experience.

These are the times when we must pause, be still, and come back to the breath. Please, breathe with me. I feel you just as much as I know you feel me. We are feeling each other. This is the beauty of these times: Feeling.

During times of uncertainty, the importance of grounding becomes even more significant. Without it, we're left

open and susceptible to being emotionally and mentally tossed and blown in whichever direction the wind blows. When times are uneasy, it's important to ground and anchor into truth, wisdom, and love. We do this by ensuring that our Earth Star and Root Chakras are active and engaged and that we are in right relationship with them.

We do this by being in right relationship with the Divine Mother, Gaia, Pachamama, the one with many names yet whose love is universal and unchanging. She is the one who provides a space and place for us to call home. In these times, we are being beckoned to return to the home within and without and to reexamine our relationship with it often.

The Earth Star Chakra

The Earth Star Chakra is the energy center that allows us to come into the anchoring and sense of grounding needed to navigate such volatile and erratic times. When our Earth Star Chakra is balanced, we move in a more aligned and harmonious way. Everything around us can be falling apart and yet we know we are anchored into something greater, something that is unmovable and unshakeable. This is the power and gift of an aligned Earth Star Chakra.

The Earth Star Chakra sits about 12 inches below our feet, and it's in the Earth Star that we revisit our connection to the Mother, the bones of our ancestors, the faeries, the gem and mineral spirits, and the collective consciousness of the planet. The Earth Star Chakra is the foundation that we must pay attention to and tend to if we are to experience a steady and balanced flow of energy in the higher chakras.

The Root Chakra

The Root Chakra is our seat of stability and security. When the Root Chakra is aligned, active, and clear, we move through the world with a deep sense of confidence and ease as we know that we are held, supported, and safe. The Root Chakra sits at the base of our spine, or tailbone, and as the Earth Star, it's a major part of the foundation that ensures a healthy flow of energy from the lower chakras to the upper chakras.

When our Root Chakra is out of whack, nothing in our respective worlds makes sense. No matter how hard we try, nothing feels sturdy or secure. We are off-kilter and, as a result, very open and susceptible to fear, worry, anxiety, stress, loneliness, and other low-vibration energies and experiences. This is much of what we are experiencing as a collective at this time: Imbalanced Earth Star and Root Chakras. You can read more on these two chakras in my book *The Ultimate Guide to Chakras*.

So how can we come back to a greater sense of security and stability when much is threatening what we've known to be true and safe for so long? We are being required to slow down, be still, and listen. It's from the listening that we can attune to what our soul desires and can hear more clearly the message that Gaia has for us individually, which then affects and shapes the collective.

How to Ground and Balance Your Earth Star and Root Chakras

Here are a few tips to help you ground and balance your Earth Star and Root Chakras:

1) Be still and know.

Do you trust that you are held in the love of Source? Do you trust that there is nowhere you can go and nothing



you can do that will take you out of the love and protection of Source? Do you remember that you are always surrounded by your angels, ancestors, and the wisdom of the invisible realms and that, ultimately, everything always works out for the good?

If your yes is shaky and if these questions stir up a bit of unease for you, breathe in and know that it's OK. How else will you know where healing is required if you don't take the time to sit with yourself and ask?

In a journal of your choice, reflect on the areas of your life where you don't feel stable, secure, held, and protected. By writing them down, you begin the process of acknowledgment, which creates the space for healing to unfold.

Be honest and gentle with yourself during this process. And when thoughts of judgment surface, as they likely will, breathe, extend them grace, and let it pass.

2) In all things, give thanks.

I cannot express enough how gratitude is the anchor that will keep us from wavering and being swept up by the waves of fear, panic, upset, frustration, and more. If you don't have a gratitude practice or have been a bit inconsistent with yours, now is the time to cultivate one consistently.

Set aside 5–10 minutes of your day, either at the start or before bed, and acknowledge — aloud or by writing it down — what you're grateful for. Be mindful to not over-



look the seemingly small things as every moment always presents us with a chance to be grateful for something if we're open and aware of it.

By cultivating gratitude, we anchor into the truth that we're always being provided for and that there's never a moment where the Universe isn't sending us messages that It sees, hears, feels, and cares for us.

3) Come inside.

Meditation or coming into the inner sanctuary of your mind, body, and soul is an essential part of every spiritual practice — and even more so now. Not only do 10-15 minutes of meditation help to clear your mind and set you on a clear path for the day, but it also allows you to connect to the greater consciousness and, from this space, receive insights on how you can be of service to humanity, our planet, and all beings.

All it takes is one, and if each of us does our part in being available conduits of grounding and connection, our efforts will be felt the world over.

4) Go outside.

If possible, get your feet on the Earth in direct contact with Mama's fertile soil. Stand tall like a redwood tree. Feel the energy as it circulates down into the core of the Earth and back up again as it travels upward to Source and then back down through your crown, making its way down your spine, your legs and feet, and into the Earth again, where this dance continues.

The truth is, this exchange of energy is always occurring even when we're not consciously aware of it. There is NEVER a moment when you are not connected to Source and the Earth. Never. By becoming aware of this

unbreakable relationship, you cultivate a peace that cannot be swayed or threatened by anything because you know you're in the divine flow and circulation of life.

5) Forgive.

Much of the energies that we're encountering now, within ourselves and the physical world, are coming up for release, transmutation, and forgiveness. I like to think that our sense of stability and security is also threatened when we hold on to those things, experiences, and memories that no longer serve us — the regret, the pain, the anger, the sadness.

What have you been holding onto that in truth is holding you back? Who, on this side or beyond the Veil, are you holding hostage? Where have you developed a sense of false security and identity? What did holding on provide for you?

When we get clear on how we've compromised our own sense of security by holding others accountable for our vitality and aliveness, we place our power back in our hands and realign with the truth that nothing can ever truly harm or hurt us. Experiences and people come into our lives to teach and help us in our path of expansion — they help grow us.

6) Heal with crystals.

There are so many powerful stones and gems that help to ground, anchor, and stabilize erratic energies, working to bring you back into a state of centered peace and calm. Now's the time to bring them out and work with their healing medicine, and discern, through contemplation, their unique characteristics.

The beautiful thing about crystals and gemstones is that they're here to support you and work best when a relationship has been developed with them. As they come from the rich soils of the Earth, they're imbued with Earth wisdom, healing, and her messages. They can serve as powerful tools to hold during meditation for grounding, protection, and anchoring even deeper into Gaia's energetic embrace.

A few gemstones I recommend are Tibetan quartz for deep healing and Earth connection; garnet for overcoming challenges with ease, grace, and strength; black tourmaline for protection and aura clearing; red jasper for strength and fortitude amidst challenges; and petrified wood for ancestral wisdom and connection.

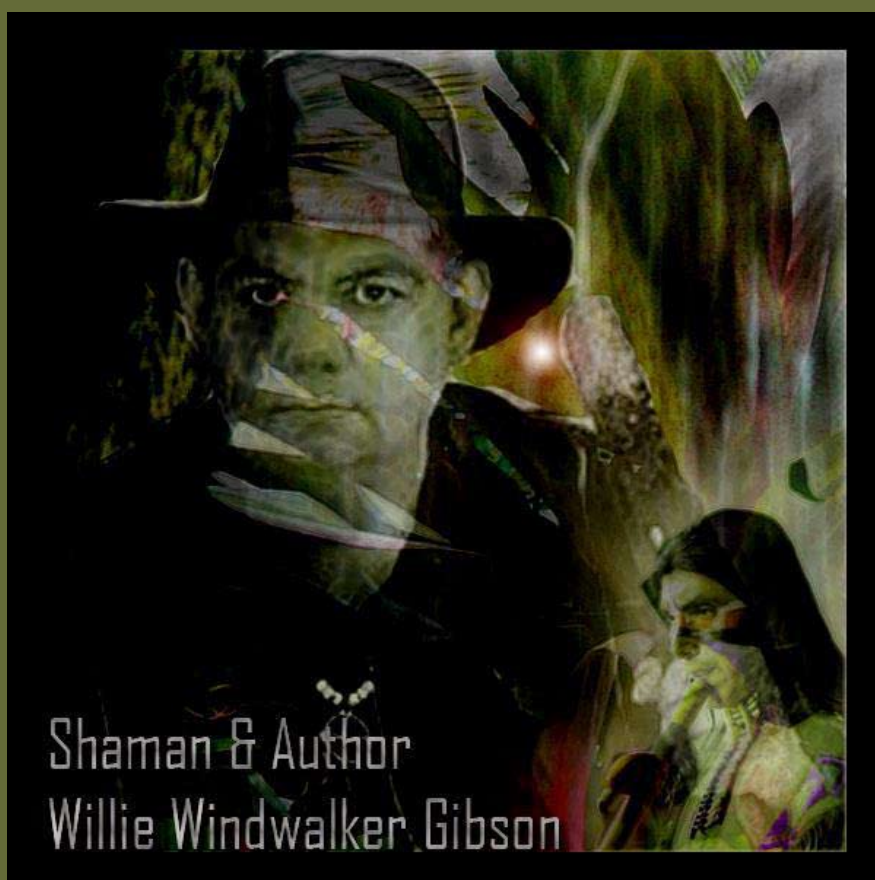
Sending you my love as we welcome greater expressions of ourselves. May we always remember that our comfort, our safety, our security is found in the arms of the Mother, who is always holding us. And so it is. ♦



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Mother Earth Is Speaking to Us

By Willie Windwalker Gibson

In the September 2019 issue of this magazine, I wrote a story about Mother Earth fighting back against the human race. I have seen more evidence of this happening over the past few months.

As a shaman, I am directly connected to Mother Earth, and I recently received a channeled message and was given a warning. I'd like to share it with you now.

* * * * *

We've all been dealing with the coronavirus pandemic sweeping the world. It's killed more than 200,000 people around the world and more than 3 million have been infected as of this writing. Yes, the virus is killing many older people, but it also doesn't spare the younger generation, even babies. The virus is not forgiving.

Was the virus caused by nature? By a bat? In a lab? Did Mother Earth release the virus? While we all speculate, the hard reality is that many are dying — and many more will die.

The virus has also caused another big change in the world, but this one is a positive change. According to scientific reports, the air quality all over the world has been changing for the better. The air is clear and fresh because cars are being

driven less and industries have shut down as families shelter in place.

The Earth can breathe.

Recent fires around the world have burned and scorched the ground so Mother Earth can replenish the land with new grass, trees, and other vegetation we need for oxygen.

Earthquakes over the past few years have shifted the land, as if rebooting and reforming the Earth's structure.

Earth is giving us a wakeup call. It's speaking to us, telling us it has lost patience. It's tired of waiting for us to get our act together. It has decided to purge and destroy to provoke change.

The Earth is showing us all that we can change for the better if we have the incentive to do so.

The bottom line is that Mother Earth sees the entire human race as one. We all love, laugh, suffer. You've probably noticed that during this time of struggle, more of us are helping one another in various ways. Is this the lesson Mother Earth wants us to learn?

Remember that you're living on a planet that's alive. It has shown us that it will not continue to let itself be attacked. Let's all take this warning to heart. Please love one another. Let's have peace. ♦





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The Ghost Boy From the Lake

By Frank R. Santariga



In 1994, when we lived in Connecticut, a neighbor of ours reported this very bizarre account to me, which, at the least, I think you will find incredibly strange. We had been living in our new home for a few months, and it dawned on me that we did not really know all of our neighbors. Therefore, I thought it would be a good idea to have a get-together with everyone so we could get to know each other better.

We were all having a great time. At one point during the party, my wife asked me if I would please get her another cup of coffee.

I was in the kitchen pouring her a cup, when Veronica Treacher, who was one of our neighbors, came in and asked, "Is it true that you investigate paranormal phenomena?"

"Yes," I said. "How do you know that?" I added curiously.

She answered, "Joan told me," referring to another neighbor.

Veronica asked if I could relate an incident that occurred to her and her brother when they were kids. She went on to say that she and her brother had never told anyone but their parents about it, but they always felt the need to talk to someone who could understand what they went through. She asked if I would please listen and tell her if she and her brother were just imagining things. Here is what Veronica related to me that night.

This occurred when Veronica was 12 years old and her brother was 10. Their father had been transferred from his office in Bergen County, New Jersey, to an office in Fairfield, Connecticut. She remembered her father and mother rushing in after spending the day house hunting in Connecticut as if it were yesterday. Smiling brightly, they announced they had found a very



nice home on a lake in Trumbull, Connecticut, just a few miles from his office.

Veronica and her brother were very excited and could not wait for summer to come so that they would be able to go swimming, fishing, and boating and have fun living by the lake. The whole family was thrilled and could not wait to move.

Hide and Seek

In just a couple of months, the family had moved into their wonderful dream house by the lake. It was winter, and they were spending the first Saturday in their new home. Both Veronica and her brother could not wait to go out in the snow and explore their new surroundings. After telling their parents they were going out to play, they headed toward the lake; their mother called out to them, telling them to be sure to not go close to the ice. Both kids acknowledged their mother's instructions and marched through the snow to explore their backyard.

As they were making a snowman, Veronica's brother noticed a boy hiding behind a group of trees. He shouted over to Veronica and said, "Veronica, there's a boy hiding by the trees."

Veronica said, "Let's see if he wants to play with us."

Veronica and her brother started over to the group of trees where the boy was hiding. The boy playfully laughed and kept dodging behind the trees. Veronica and her brother ran to the tree where the boy was hiding, but couldn't find him. Then they saw him pop out from behind a different tree. They called to him to stop hiding so they all could play together.

Nevertheless, the boy was always a few steps ahead of them and kept popping out from behind a different tree just as they would get close. Veronica was frustrated and told her brother to forget about trying to catch up with him. Veronica, shivering, suggested they go home, get some hot chocolate, and warm up.

As they turned to go home, Veronica's brother dropped one of his mittens. As he bent down to pick it up, he noticed something that was very strange. He said to Veronica, "Hey, Veronica, doesn't it seem weird that we don't see any footprints in the snow where the boy was? And another thing, why wasn't he wearing a coat? It's freezing out here."

At this point, Veronica did not pay much attention to what her brother was saying; she just wanted to get out of the cold, get her hot chocolate, and watch her favorite Saturday morning cartoons.



While Veronica and her brother were having their hot chocolate, Veronica told her mother about the boy they saw in the backyard.

Their mother asked, “Do you think he lives in the big yellow house up the road?” Both Veronica and her brother shrugged their shoulders as if to say, “I don’t know.”

They went on to tell their mother that every time they tried to catch up with the boy, he would disappear from behind the tree where they thought he was hiding and then all of a sudden pop out from behind a different tree.

Veronica asked her mother if it would be OK if they went up the road to the big yellow house to see if the boy lived there. Their mother answered, “That’s fine, but I want you both home by three o’clock.” With their mother watching, Veronica and her brother put on their snow clothes and headed up the road.

The Nice Lady

Tracking through the knee-deep snow made for a laborious hike to the neighbor’s house. Occasionally, they looked up to see how much farther they had to trek. It seemed to take forever for them to get there. Finally there, Veronica reached up and rang the doorbell.

The door opened, and an elderly woman looked

down at the kids, smiled, and asked, “Hello, children, what can I do for you?”

Veronica introduced both her and her brother and told the woman that they had just moved into the red house down the road, and they were her new neighbors.

The woman said, “Why, that’s wonderful. I was wondering who bought that lovely home.”

The woman asked if they would like to come in and have some cookies that she had just finished baking for her grandchildren. Veronica and her brother couldn’t resist the offer, especially after getting a whiff of the mouth-watering aroma coming from inside the woman’s home.

While having the cookies, Veronica asked the woman if her grandchildren were staying with her. The woman answered, “No, but they are coming for lunch tomorrow. If you’d like, you and your brother are welcome to stop by and meet them.”

Then Veronica asked, “Are there any other kids who live close by?” The woman answered, “No, all the kids around here have grown up. There are no children your ages.”

Again, Veronica asked, “Are you sure? Just this morning, my brother and I saw a boy playing in our backyard. We thought he might have lived here or close by.”

The woman smiled and said, “Oh, I’m pretty sure the

only children around here are my grandchildren when they visit.” With that, the woman served Veronica and her brother more goodies and continued with small talk.

That’s the Boy We Saw

After having their cookies and milk and enjoying each other’s company, Veronica looked up at the clock and saw it was almost 3:00 p.m. and time to head home. Thanking the woman for the cookies and milk, Veronica and her brother started putting on their coats and boots.

Veronica’s brother, while wrestling with his coat, was studying a photograph on the bookcase, and suddenly he shouted out, “Hey, here’s the boy we saw!”

Veronica, looking closely at the photo, chimed in, “Yeah, that’s him!”

The woman took hold of the framed photograph and said, pointing to the boy in the photo, “You mean this boy next to my granddaughter?”

They both answered simultaneously, “Yes, him!”

The woman, possessing the most surprised and sorrowful look, said, “Oh no, honey, that couldn’t be him.” The woman hesitated, not knowing whether she should continue to explain. She took both Veronica and her brother’s hands gently and, softly speaking, continued her account. “You see, just last summer, this boy and his family was living in the same house you now live in. One day, when there was no one around, he somehow managed to untie his father’s rowboat and took it out on the lake.

“About an hour later, his mother, not seeing him in his room playing with his toys where she had seen him last, became nervous and started looking for him. She searched all over the house, upstairs, downstairs, and the attic; he was nowhere to be found. She searched the backyard and looked for him in the tool shed; again, he was nowhere to be seen. She then came here and asked if I had seen him. I said, ‘No,’ and I helped in searching for him.

“Looking out to the lake, our greatest fear came to light. We saw the rowboat floating out on the lake with no one in it. She immediately called the police. By the afternoon there were over 50 people here on the lake, helping to look for him. They searched the rest of the day and into the night. This went on for three days, but they never did find the boy.”

Veronica and her brother, totally shocked and scared out of their wits, looked at each other, thanked the woman for the cookies, and headed for home as fast

as they could. Both were anxious to tell their mother the story they had just heard from the woman. Once home, they called to their mother, had her sit on the couch, and proceeded to tell their story.

After recounting the incident, Veronica and her brother eagerly waited to see what their mother’s reaction would be. To their surprise, their mother just laughed and said, “The lady was playing with you; it’s probably just a joke!”

Veronica went on to tell me, “After that day, we didn’t see the boy any more. A few days later, at school, I asked the kids if they had heard about the accident. They all said it was true, and it did happen. One kid, who knew the boy, told me that his parents still had a copy of the newspaper article that reported the accident. They kept it because they were friends of the boy’s parents.”

“We saw the rowboat floating out on the lake with no one in it ... They searched the rest of the day and into the night. This went on for three days, but they never did find the boy.”

The Accident Did Happen

Veronica asked if she could borrow the newspaper article so she could show her parents, and she promised that she would return it the next day. The boy agreed and the following day gave Veronica the newspaper article.

“I took the newspaper article home to show my parents. When they read it, they just looked at each other in disbelief. At first, they did not know what to say, but then they apologized to my brother and me for not believing us. From then on, they always believed what we told them. We lived in Trumbull for three more years before my father was transferred back to New Jersey. But during those three years, my brother and I had many sleepless nights thinking about that boy in the backyard.”

What Veronica had just related to me was astonishing, even for someone like me, who thought he had heard it all. Yes, I have been told of similar instances, but this was the first time I had heard it directly from the person who experienced it.

Veronica went on to say, “I hope you believe me. If you don’t, you can call my brother, and he will validate all of what I said. Even to this day, whenever my brother and I talk about it, we get freaked out.”

Did I believe Veronica? Well, let’s put it this way, I didn’t find any reason not to believe her. We were neighbors for five years, and I always found her and her husband to be of excellent character and good friends. I stressed to Veronica that by no means was she the first or would she be the last person to experience such phenomena.

In fact, it could even happen to you! ♦

TRAIL OF TEARS HOME HAUNTING

BY BOB FOUNTAIN, SPECTRAL TECH



This home in Bartlett, Tennessee, was the site of a harmful spirit that was harassing an elderly woman.

Whether you've been on one investigation, or hundreds, there is usually one paranormal investigation that stands out and defines the path you will take in the future.

One of my first investigations many years ago explains why many of us focus on helping those in distress. Sure, it's fun going to well-known haunted places to hone your skills, but for those who dig deeper into the paranormal, we quickly find that there are those who do not consider encounters with the unknown as fun.

For me, it began when I got a call from a friend of mine, Dr. Scales, who was a psychologist for the State of Tennessee.

Dr. Scales told me that she often went to a commu-

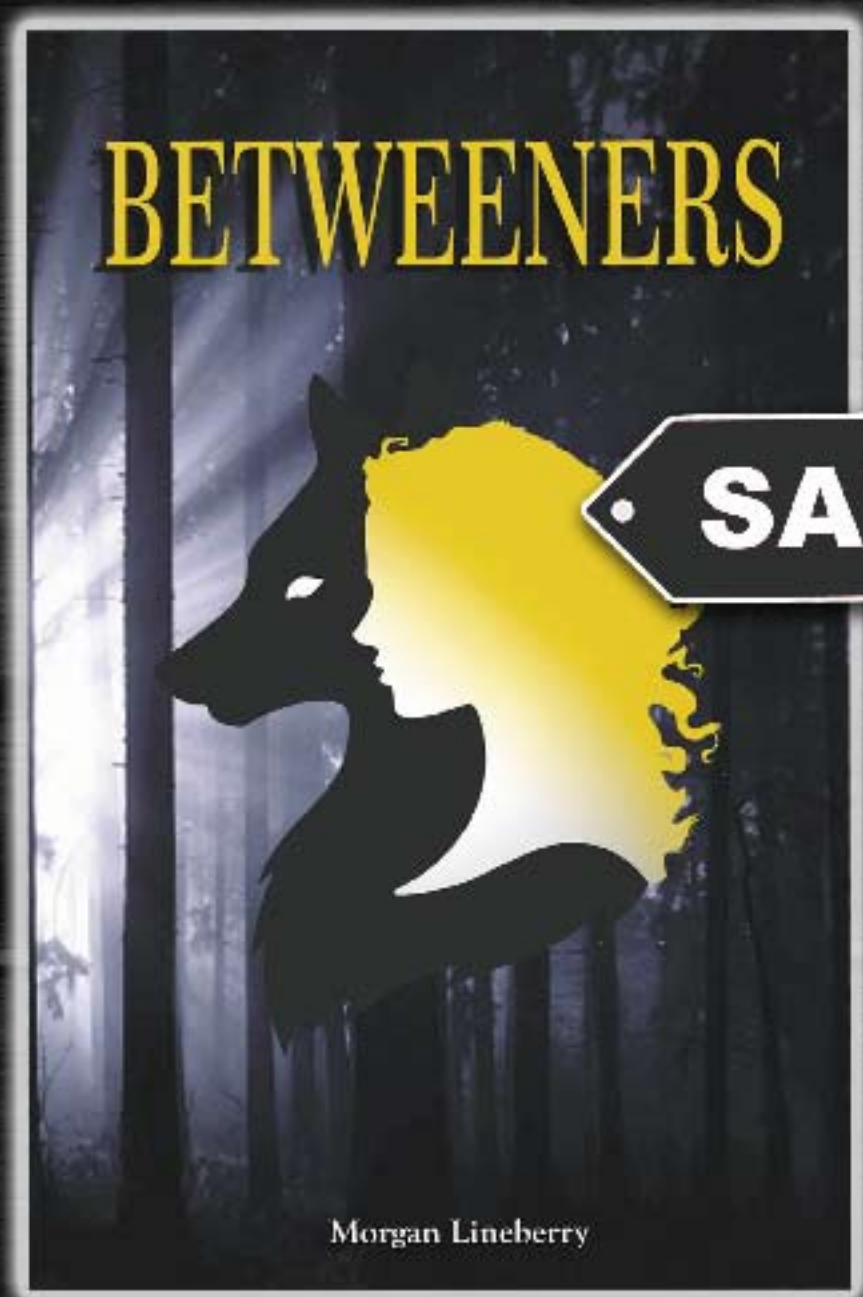
nity center for the elderly close by to assist anyone that appeared to have psychological problems.

While there, she had talked to an elderly lady who told her about hearing voices in her home, had strange markings appear on her clothes, and heard bangs and knocks even though she was partially deaf. Her two daughters thought she was getting dementia and wanted her to move into a nursing-care facility.

After determining that this lady did not have any signs of dementia or any other mental disorder, Dr. Scales contacted me to see if our team could do an investigation of this woman's home to help explain what was being experienced and if it was paranormal. We made arrangements through the psychologist to inves-



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While researching the client's home, we found that the houses were built along the Trail of Tears, which was part of the path the U.S. government used to force the Cherokee indigenous people from their land.

tigate, but the two daughters insisted on being present, since they considered anyone involved with the paranormal as frauds and con men.

We had no problem with that and pointed out to them that our services are always free, no matter what the outcome. They were still against this, but their mother said she wanted our help, so we went to investigate as requested.

A Hostile Welcome

The house was a single-story, two-bedroom efficiency-type home. It was nestled among others near railroad tracks running through Bartlett, Tennessee. When we arrived, we were met by the two daughters, with their arms crossed, stating right up front that this was a waste of time and their mother needed to be in a nursing home. They made it clear that we were wasting their time with "this foolishness."

In talking with the elderly lady, she told us about the voices and banging she heard. She said she would get

clothes out of her closet and they would have marks all over them as well. The daughters interjected that she could not possibly hear voices because of her deafness, and it was apparent to them that she was marking her own clothes with ink pens because of dementia or for attention.

We continued with our investigation anyway and found during our baseline readings that the homeowner had a clamp-on fan on her headboard that was generating high levels of EMF radiation, which could have accounted for

the voices and the sense of being watched. But it did not account for the marks we saw on clothes in her closet.

We focused on having EVP sessions in various rooms in the house. We also were getting responses on our K-II meters when we asked questions, which the daughters thought was some kind of trick.

We ended the investigation, assuring the daughters we would make sure they were present when we presented any evidence we found.

During our EVP session in the closet, we asked if any entities had been on the Trail of Tears. A voice answered, "Yes I was."

A Different Story Emerges

In researching the area, we had found that the houses were built along the Trail of Tears, which was part of the path the government used to force the Cherokee indigenous people from their land.

Reviewing our tapes, we found what sounded like drums and chanting in the living room, but we could not make out the words. During our EVP session in the closet, we had asked if any entities had been on the Trail of Tears, and we got a response that said, "Yes I was."

We also found out that several of the houses adjacent to the homeowner's had also experienced strange voices and noises on occasion as well. One of our team members contacted a Cherokee shaman in the area, who told us the drums and chanting on our tapes were indeed a Cherokee chant. The shaman offered to cleanse the house for us with a Cherokee cleansing ritual using sage and chants.

Finally, a granddaughter told us that when she went to lunch with her grandmother once, she watched marks appear on grandmother's clothes right in front of her as they were eating.

A Happy Ending

When we went back to reveal what we had found, and when the daughters listened to the EVPs captured, the unbelieving daughters softened their stance and even agreed that the house could be cleansed. We did strongly suggest that the clip-on fan be removed from the headboard so the homeowner could sleep better and remove any effects that may have been caused by the high levels of EMF.

After the cleansing was performed, all the activity



Reviewing our tapes, we found what sounded like drums and chanting in the living room, but we could not make out the words. A Cherokee shaman in the area told us the drums and chanting on our tapes were indeed a Cherokee chant.

ceased, and the homeowner stayed in her house without any further experiences.

This investigation, where we kept an elderly lady from being forced into a nursing home and quelled her fears that she was indeed going insane, was the point that determined our team's mission. Since then, we have had many investigations where people are truly scared that they are losing their minds and feel helpless because it does not fit into what they believed about reality.

To assist those who are truly afraid of the unknown and turn to us for answers is, first and foremost, why we, and many other paranormal investigators, continue to do what we do. ♦

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